

Stay Active. If you are looking for new ideas of things to do for recreation and relaxation, take a look at the list here. Which of these possibilities do you think you would enjoy? Do you already participate in any of these activities?

Activities	Would you like doing this activity? (check the box)	Have you done this in the past month? (check the box)
Social Activities		
Visit family or friends	<input type="checkbox"/>	<input type="checkbox"/>
Call an old friend	<input type="checkbox"/>	<input type="checkbox"/>
Go out to eat with family or friends	<input type="checkbox"/>	<input type="checkbox"/>
Join a club or attend a club meeting	<input type="checkbox"/>	<input type="checkbox"/>
Participate in military social activities	<input type="checkbox"/>	<input type="checkbox"/>
Go to church socials or classes	<input type="checkbox"/>	<input type="checkbox"/>
Participate in or coach a community sports team	<input type="checkbox"/>	<input type="checkbox"/>
Join a walking or running group	<input type="checkbox"/>	<input type="checkbox"/>
Go dancing	<input type="checkbox"/>	<input type="checkbox"/>
Babysit	<input type="checkbox"/>	<input type="checkbox"/>
Go on a date	<input type="checkbox"/>	<input type="checkbox"/>
Have a garage sale or go to one	<input type="checkbox"/>	<input type="checkbox"/>
Do volunteer work or community service	<input type="checkbox"/>	<input type="checkbox"/>
Play pool or billiards	<input type="checkbox"/>	<input type="checkbox"/>
Play board/card games	<input type="checkbox"/>	<input type="checkbox"/>
Go golfing with friends	<input type="checkbox"/>	<input type="checkbox"/>
Play in a band or sing in a choir	<input type="checkbox"/>	<input type="checkbox"/>
Take art lessons	<input type="checkbox"/>	<input type="checkbox"/>
Hire a personal trainer	<input type="checkbox"/>	<input type="checkbox"/>

Activities	Would you like doing this activity? (check the box)	Have you done this in the past month? (check the box)
Active Recreation		
Camp, hike, rock climb, or fish	<input type="checkbox"/>	<input type="checkbox"/>
Garden or do yard work	<input type="checkbox"/>	<input type="checkbox"/>
Go motorboating, kayaking, sailing, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Visit a national park	<input type="checkbox"/>	<input type="checkbox"/>
Take a scenic road trip	<input type="checkbox"/>	<input type="checkbox"/>
Plan a day trip or a vacation	<input type="checkbox"/>	<input type="checkbox"/>
Water-ski, surf, or swim	<input type="checkbox"/>	<input type="checkbox"/>
Play basketball, baseball, soccer, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Run, jog, or bike	<input type="checkbox"/>	<input type="checkbox"/>
Go horseback riding	<input type="checkbox"/>	<input type="checkbox"/>
Go to a fair, zoo, or amusement park	<input type="checkbox"/>	<input type="checkbox"/>
Go to the movies	<input type="checkbox"/>	<input type="checkbox"/>
Go to a comedy club	<input type="checkbox"/>	<input type="checkbox"/>
Go to a museum, theater, or concert	<input type="checkbox"/>	<input type="checkbox"/>
Go to a college or professional sports event	<input type="checkbox"/>	<input type="checkbox"/>
Try creative writing, blogging, or journaling	<input type="checkbox"/>	<input type="checkbox"/>
Fix a car, bike, motorcycle, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Play a musical instrument	<input type="checkbox"/>	<input type="checkbox"/>
Start a collection	<input type="checkbox"/>	<input type="checkbox"/>
Try woodworking, photography, painting, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Cook	<input type="checkbox"/>	<input type="checkbox"/>

Activities	Would you like doing this activity? (check the box)	Have you done this in the past month? (check the box)
Quiet Relaxation		
Take a bubble bath	<input type="checkbox"/>	<input type="checkbox"/>
Sit in a sauna or jacuzzi	<input type="checkbox"/>	<input type="checkbox"/>
Take a nap	<input type="checkbox"/>	<input type="checkbox"/>
Read scriptures or other sacred works	<input type="checkbox"/>	<input type="checkbox"/>
Read a novel	<input type="checkbox"/>	<input type="checkbox"/>
Read a newspaper	<input type="checkbox"/>	<input type="checkbox"/>
Try yoga	<input type="checkbox"/>	<input type="checkbox"/>
Get a massage	<input type="checkbox"/>	<input type="checkbox"/>
Eat a snack on the couch	<input type="checkbox"/>	<input type="checkbox"/>
Watch a funny TV show	<input type="checkbox"/>	<input type="checkbox"/>
Meditate*	<input type="checkbox"/>	<input type="checkbox"/>
Practice systematic relaxation*	<input type="checkbox"/>	<input type="checkbox"/>
Make a list of movies you want to see	<input type="checkbox"/>	<input type="checkbox"/>
Pet a dog or cat	<input type="checkbox"/>	<input type="checkbox"/>
Put a jigsaw puzzle together	<input type="checkbox"/>	<input type="checkbox"/>
Do a crossword puzzle or other word games	<input type="checkbox"/>	<input type="checkbox"/>
Do a Sudoku puzzle or other number games	<input type="checkbox"/>	<input type="checkbox"/>

*See Mental Health section activities.