

## FORM 1.2 Inventory of Lifestyle and Activity Preferences

I feel it is important to me to

- |   |  |
|---|--|
| <input type="checkbox"/> like the people I'm with.                | <input type="checkbox"/> improve my health.                          |
| <input type="checkbox"/> be in a group.                           | <input type="checkbox"/> be able to contribute something to a group. |
| <input type="checkbox"/> be independent.                          | <input type="checkbox"/> have other people like me.                  |
| <input type="checkbox"/> get to know other people well.           | <input type="checkbox"/> be physically active.                       |
| <input type="checkbox"/> meet many new people.                    | <input type="checkbox"/> use my imagination.                         |
| <input type="checkbox"/> be a leader.                             | <input type="checkbox"/> create something.                           |
| <input type="checkbox"/> feel confident.                          | <input type="checkbox"/> find the activity challenging.              |
| <input type="checkbox"/> learn something.                         | <input type="checkbox"/> feel safe and secure.                       |
| <input type="checkbox"/> be in pleasant, attractive surroundings. | <input type="checkbox"/> try something new and different.            |
| <input type="checkbox"/> be alone.                                | <input type="checkbox"/> be myself.                                  |
| <input type="checkbox"/> have a structured activity.              | <input type="checkbox"/> use my talents.                             |
| <input type="checkbox"/> be able to do things at the last minute. | <input type="checkbox"/> improve myself and my skills.               |
| <input type="checkbox"/> follow rules.                            | <input type="checkbox"/> accomplish something.                       |
| <input type="checkbox"/> be praised.                              | <input type="checkbox"/> relax.                                      |
| <input type="checkbox"/> have fun and enjoy myself.               | <input type="checkbox"/> spend time with my family.                  |
| <input type="checkbox"/> release frustration.                     | <input type="checkbox"/> take a risk.                                |
| <input type="checkbox"/> release energy.                          | <input type="checkbox"/> enjoy the outdoors.                         |
| <input type="checkbox"/> have common interests with other people. |  |

Once you have checked the lifestyle needs that are important to you, list the three most important and identify which activities would most probably satisfy these needs.

Lifestyle needs	Activity preferences
1.	
2.	
3.	

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics). Source: *Canadian Physical Activity, Fitness & Lifestyle Approach: CSEP-Health & Fitness Program's Appraisal and Counselling Strategy*, 3rd edition, © 2003. Reprinted with permission from the Canadian Society for Exercise Physiology.