

# RECREATIONAL ENJOYMENT INVENTORY

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Name(s) \_\_\_\_\_ Date \_\_\_\_\_

Please indicate how much you enjoy, or think you might enjoy, each recreational activity listed below. In the space provided by each activity, under the appropriate column (husband and wife), circle one of the following numbers to reflect your feelings: 3=very enjoyable; 2=enjoyable; 1=somewhat enjoyable; 0=no feelings one way or the other; -1=somewhat unpleasant; -2=unpleasant; -3=very unpleasant. Add to the list, in the spaces provided, activities that you would enjoy that are not listed. In the third column, add the ratings of both you and your spouse only if both ratings are positive. The activities with the highest sum are those that you select when planning recreational time together.

<u>Activity</u>	<u>Husband's Rating</u>	<u>Wife's Rating</u>	<u>Total Rating</u>
Acting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Aerobic Exercise	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Amusement Parks	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Antique Collecting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Archery	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Astronomy	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Auto Customizing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Auto Racing (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Badminton	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Baseball (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Baseball (playing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Basketball (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Basketball (playing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____

<u>Activity</u>	<u>Husband's Rating</u>	<u>Wife's Rating</u>	<u>Total Rating</u>
Bible Study	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Bicycling	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Boating	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Body Building	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Bowling	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Boxing (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Bridge	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Camping	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Canasta	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Canoeing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Checkers	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Chess	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Church Services	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Coin Collecting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Computer Programming	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Computer Games	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Computer _____	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Concerts (rock music)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Concerts (classical music)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Concerts (country music)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Cribbage	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____

<u>Activity</u>	<u>Husband's Rating</u>	<u>Wife's Rating</u>	<u>Total Rating</u>
Croquet	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Dancing (ballroom)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Dancing (square)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Dancing (rock)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Dancing (_____)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Dining Out	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Fishing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Flying (as pilot)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Flying (as passenger)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Football (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Football (playing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Gardening	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Genealogical Research	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Golf	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Ham Radio	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Handball	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Hiking	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Hockey (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Hockey (playing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Horseback Riding	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Horse Shows (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____

<u>Activity</u>	<u>Husband's Rating</u>	<u>Wife's Rating</u>	<u>Total Rating</u>
Horseracing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Horseshoe Pitching	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Hot Air Ballooning	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Hunting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Ice Skating	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Ice Fishing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Jogging	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Judo	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Karate	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Knitting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Metalwork	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Model Building	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Monopoly	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Mountain Climbing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Movies	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Museums	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Opera	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Painting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Photography	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Pinochle	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Plays	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____

<u>Activity</u>	<u>Husband's Rating</u>	<u>Wife's Rating</u>	<u>Total Rating</u>
Poetry (composing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Poker	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Polo (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Pool (or billiards)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Quilting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Racquetball	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Remodeling (home)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Roller Skating	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Rock Collecting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Rowing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Rummy	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Sailing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Sculpting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Shooting (skeet, trap)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Shooting (pistol)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Shopping (clothes)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Shopping (groceries)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Shopping (vehicles)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Shopping (_____)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Shuffleboard	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Sightseeing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____

<u>Activity</u>	<u>Husband's Rating</u>	<u>Wife's Rating</u>	<u>Total Rating</u>
Singing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Skiing (water)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Skiing (downhill)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Skiing (cross country)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Skin Diving (snorkeling)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Skydiving	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Snowmobile	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Softball (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Softball (playing)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Spear Fishing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Stamp Collecting	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Surfing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Swimming	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Table Tennis	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Taxidermy	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Television	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Tennis	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Tobogganing	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Video Production	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Video Movies (watching)	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____
Volleyball	-3 -2 -1 0 1 2 3	-3 -2 -1 0 1 2 3	_____

