INSTRUCTIONS:

We are interested in how often in the last month you were able to spend time in activities that you enjoyed.

Over the past month, how often have you been able to spend time doing the following:

	Never	Less than Once a Month	At least Once a Month	At least Once a Week	Every Day	Not Applicable
1. Sports	○	○	○	○	○	○
2. Quiet time by yourself	○	○	○	○	○	○
3. Attending club / church / fellowship	○	○	○	○	○	○
4. Hobbies	○	○	○	○	○	○
5. Going out for meals with friends and relatives	○	○	○	○	○	○
6. Visiting family and friends	○	○	○	○	○	○
7. Doing other fun things with people	○	○	○	○	○	○
8. Taking vacations out of town	○	○	○	○	○	○
9. Being in parks and other outdoors settings	○	○	○	○	○	○
10. “Unwinding” at the end of the day	○	○	○	○	○	○