

Activities/Feelings	Activity Importance Ranking Rank 1 to 5 5 High 1 Low	How much would this Activity be improved by being fit? Rank 1 to 5 5 High 1 Low	Which our fitness motivators?	# of ideal feelings involved	Rested	Healthy	Pain free	Strong	Energetic	Looking forward to the day	Happy	Content	Confident	Focused	Alert
<b>Work or volunteering</b>															
Getting stuff done quickly and efficiently	5	5	21	11	X	X	X	X	X	X	X	X	X	X	X
Solving problems	5	1	17	11	X	X	X	X	X	X	X	X	X	X	X
Coaching others	5	4	20	11	X	X	X	X	X	X	X	X	X	X	X
Cleaning up roads/beaches	3	5	14	6	X	X	X		X		X	X			
Working with children	3	5	19	11	X	X	X	X	X	X	X	X	X	X	X
<b>Being active and/or social with others:</b>															
Volleyball	5	5	20	10	X	X	X	X	X	X	X		X	X	X
Tennis	3	5	17	9	X	X	X	X	X		X		X	X	X
Dancing	2	5	18	11	X	X	X	X	X	X	X	X	X	X	X
Painting	2	2	13	9	X		X		X	X	X	X	X	X	X
Golf followed by dinner and drinks	2	5	18	11	X	X	X	X	X	X	X	X	X	X	X
Sharing a meal and conversation	4	2	14	8	X	X	X		X		X	X	X		X
Lounging by the pool	2	2	7	3			X				X	X			
Enjoying a concert	4	2	10	4	X		X				X	X			
Playing Cards or board games	4	1	13	8	X		X		X		X	X	X	X	X
Vacationing and exploring new places	4	4	19	11	X	X	X	X	X	X	X	X	X	X	X
<b>Enjoying fitness classes</b>															
Yoga	1	5	14	8	X	X	X	X	X			X		X	X
Tai Chi	5	5	18	8	X	X	X	X	X			X		X	X
Martial Arts	0	5	13	8	X	X	X	X	X			X		X	X
Water Aerobics	5	3	16	8	X	X	X	X	X			X		X	X
Weight Lifting	3	5	16	8	X	X	X	X	X			X		X	X
<b>Spending quality time alone</b>															
Photographing nature	5	4	16	7	X	X	X		X			X		X	X
Hiking	5	5	17	7	X	X	X	X	X				X		X
Walking	5	4	16	7	X	X	X	X	X				X		X
Swimming	3	5	15	7	X	X	X	X	X				X		X
Running	5	5	17	7	X	X	X	X	X				X		X
Biking	0	5	12	7	X	X	X	X	X				X		X