

# THE LIST

## SPORTS, RECREATION & HOBBIES

Archery  
Horseshoes  
Softball  
Baseball  
Football  
Running/Jogging  
Walking  
Bowling  
Snow Skiing (Downhill)  
Skiing (X-Country)  
Swimming  
Golf  
Tennis  
Hunting  
Walking  
Aerobics  
Weight Lifting  
Biking  
Camping  
Horse Riding  
ATV Riding  
Badminton  
Basketball  
Squash  
Racquetball  
Parachuting  
Climbing  
Ice Hockey  
Ice Skating  
In Line Skating  
(Rollerblading)  
Rafting  
Canoeing  
Snowmobiling  
Jet Skiing  
Cricket  
Platform Tennis  
Wrestling  
Windsurfing  
Use a Pogo Stick  
Sewing  
Crocheting  
Surfing  
Boogie Boarding  
Snowboarding  
Fishing  
Bird Watching  
Painting  
Photography

Playing a Musical  
Instrument  
Reading  
Meditating  
Volleyball  
Paddelball  
Handball  
Paragliding  
High Jumping  
Discus Throwing  
Javelin Throwing  
Shooting  
Rugby  
Bungee Jumping  
Frisbee Throwing  
Sailing  
Motorcycling  
Darts  
Pool  
Scuba Diving  
Snorkeling  
Situps  
Pushups  
Yoga  
Building Models  
Martial Arts  
Street Hockey  
Stickball  
Soccer  
Gymnastics  
Getting In and Out of  
Boat  
Quoits  
Snowshoeing  
Knitting  
Collecting Coins,  
Stamps, Cards

## SOCIAL ACTIVITIES

Dancing  
Going to Antique  
Shows or Flea  
Markets  
Eating Out  
Sightseeing  
Going to the Zoo  
Going to a Museum  
Going to a Parade  
Going to the Library  
Walking  
Driving Car

Holidays:  
New Year's Eve  
New Year's Day  
Memorial Day  
Labor Day  
Yom Kippur  
Rosh Hashanah  
Easter  
Hanukkah  
Christmas  
Halloween  
Mother's Day  
Father's Day  
Entertaining  
Meeting New People  
Cruises  
Visiting Family  
Going to Movies  
Visiting a Battlefield  
Going to Disney  
World  
Visiting Friends  
Going to Parties,  
Singing  
Attending Church  
Reading  
Listening to Music  
Shopping  
Vacations  
Going to Concerts,  
Games, Events  
Picnics  
Going on  
Amusement Rides  
Barbecue  
Going to the Beach

## WORK AROUND THE HOME

### COOKING

Chopping  
Dicing  
Holding Bowls  
Making Cakes or  
Cookies  
Stirring  
Basting  
Holding Pots or Pans  
Slicing  
Inserting Leaves in  
Table

Canning  
Jarring  
Baking Pies  
Mixing  
Cutting  
Pouring  
Setting Table  
Lifting  
Taking Things Out of  
Freezer or Oven  
Grinding  
Opening Jars  
Opening Cans  
Chopping ice  
Frying  
Using a Cookbook  
Turning Knobs on  
Appliances

### CLEANING

Doing Dishes  
Scrubbing Pans  
Mopping  
Dusting  
Beating Rugs  
Changing Bed  
Linens  
Cleaning Windows  
Ladder Climbing  
Carrying Loads of  
Laundry  
Ironing  
Waxing Floors  
Raising & Lowering  
Windows  
Vacuuming  
Cleaning Floors  
Sweeping  
Using a Dishwasher  
Putting Away Dishes  
Making Bed  
Cleaning Fans  
Carrying Pails of  
Water  
Folding Laundry  
Shampooing Rugs  
Polishing  
Cleaning Bathtub,  
Sink & Toilet

## HOUSE & YARD WORK

Mulching  
Pushing Car Out of  
Snow  
Painting  
Spackling  
Hanging Paintings  
Hammering  
Sawing  
Mowing Grass  
Weeding  
Pruning  
Fertilizing  
Spraying  
Taking Out Trash  
Watering Lawn  
Planting Flowers or  
Shrubs  
Digging  
Shoveling Driveway  
& Walks  
Raking & Bagging  
Leaves  
Walking Dog  
Feeding Dog  
Changing Oil in Car  
Changing Tires  
Washing Car  
Cleaning Interior of  
Car  
Repairing Windows  
Moving Furniture  
Chopping Wood  
Starting a Fire  
Cleaning Gutters  
Climbing a Ladder  
Installing Fire  
Alarms  
Using Fire  
Extinguisher  
Gardening  
Changing Light  
Bulbs  
Tree Climbing  
Tree Trimming  
Installing Shelves  
Fixing Clogged  
Toilet  
Putting & Removing  
Items from Attic or  
Basement

Fixing Leaks  
 Using a Drill  
 Scraping Walls  
 Putting up TV  
 Antenna  
 Getting on a Roof  
 Pushing a  
 Wheelbarrow  
 Using a Screwdriver  
 Using a Wrench  
 Arranging Flowers  
 Stacking Wood  
 Putting in and  
 Taking out Air  
 Conditioners  
 Putting in Anti-Freeze  
 Filling Bird Feeders  
 Hanging Curtains,  
 Blinds  
 Putting in Storm  
 Windows or  
 Screens  
 Getting Mail  
 Changing Batteries  
 in Smoke Alarms  
 Setting Clocks  
 Fixing Potholes in  
 Driveway  
 Cutting Down Trees  
 Cutting Hay  
 Clearing Brush &  
 Growth  
 Use a Chainsaw  
 Hooking up Stereos,  
 TVs, Computers  
 Putting up Holiday  
 Decorations  
 Picking up Clothes,  
 Toys, etc.  
 Cleaning Pool

### ACTIVITIES WITH CHILDREN

Birth  
 Carrying  
 Feeding  
 Bathing  
 Changing Diapers  
 Picking up After Them  
 Pushing Stroller  
 Hugging  
 Running After Them  
 Disciplining Them  
 Rocking Them  
 Washing Their  
 Hands & Faces  
 Combing Their Hair  
 Drying Their Hair  
 Catching Bugs

Looking at Clouds  
 Tucking Them in Bed  
 Taking Them to  
 Beach  
 Packing Lunches  
 Dressing Them  
 Cuddling Them  
 Wrestling with Them  
 Putting Them on  
 Shoulders  
 Carrying Them in a  
 Backpack  
 Rocking  
 Playing with Them  
 Holding  
 Kissing  
 Teaching Them  
 Sports & Activities  
 Driving Them  
 Giving a Bottle  
 Brushing Their Teeth  
 Shampooing Their  
 Hair  
 Toweling Them Dry  
 Giving Piggy Back  
 Rides  
 Taking Them to the  
 Movies, Sports,  
 Parks, Amusements  
 Coloring & Painting  
 with Them  
 Cooking with Them  
 (Teaching How)

### PERSONAL ACTIVITIES

Bathing  
 Shampooing  
 Brushing Teeth  
 Toilet Care  
 Cutting Toe Nails or  
 Finger Nails  
 Gargling  
 Putting on Clothes  
 Buttoning  
 Cutting Food  
 Swallowing  
 Tying a Tie  
 Applying Hair  
 Treatments  
 Putting on Nail Polish  
 Showering  
 Shaving  
 Flossing  
 Combing or  
 Brushing Hair  
 Applying Makeup  
 Cleaning Ears  
 Applying Deodorant

Tying Shoes  
 Zippering  
 Chewing  
 Writing  
 Putting on Cufflinks  
 Putting on Bracelets,  
 Watches, Necklaces

### MISCELLANEOUS

Carrying Luggage  
 Driving a Car  
 Dialing a Telephone  
 Holding a Telephone  
 Pumping Gas  
 Using a Dictaphone  
 Feeding a Pet  
 Grooming &  
 Washing Pet  
 Wrapping Presents  
 Carrying a Purse  
 Trying on Clothes  
 Getting up Early  
 Avoid Danger  
 Go Down a Slide  
 Use Crutches  
 Holding a Book,  
 Newspaper or  
 Magazine  
 Holding a Mug  
 Carrying a Briefcase  
 Sleeping  
 Getting In an Out of  
 Car  
 Typing  
 Using a Channel  
 Changer  
 Using a Computer  
 Walking on Ice or  
 Uneven Surfaces  
 Kneeling in Church  
 or Synagogue  
 Carrying Groceries  
 Wearing High Heels  
 Carrying Umbrella  
 Staying Up Late  
 Put on and Wear  
 Boots  
 Use a Swing  
 Use a Cane  
 Turning Lights On &  
 Off  
 Winding a Watch

### INTER-PERSONAL

Sexual  
 Hugging  
 Caressing  
 Massaging

Touching  
 Kissing  
 Feeling Attractive  
 Flirting

### PHYSICAL FUNCTIONS

Standing  
 Squatting  
 Bending to Side  
 Holding  
 Climbing  
 Sitting  
 Getting Up  
 Scratching  
 Standing on One  
 Foot  
 Hopping  
 Jumping  
 Eating  
 Chewing  
 Stand on Your Toes  
 Smelling  
 Running  
 Crouching  
 Bending Over  
 Lifting  
 Kicking  
 Twisting  
 Lying Down  
 Stretching  
 Touching Toes  
 Doing a Handstand  
 Skipping  
 Drinking  
 Smoking  
 Whistling  
 Tasting  
 Walking  
 Crawling

### EMOTIONAL/PSYCHIATRIC

Depression  
 Memory Loss  
 Confusion  
 Irritability  
 Loneliness  
 Anger  
 Suicidal  
 Preoccupied  
 Nightmares  
 Hearing Loss  
 Balance Problems  
 Flashbacks  
 Spelling Problems  
 Lack of Sexual  
 Interest

Insecurity  
 Humiliation  
 Scarring  
 Anxiety  
 Short Temper  
 Delay  
 Isolation  
 Fear  
 Self-Doubt  
 Worried  
 Obsessed  
 Sweats  
 Visual Problems  
 Lack of Coordination  
 Can't Find Right  
 Word  
 Phobias  
 Impotence  
 Embarrassment  
 Paranoia