

# Recreation Assessment

In this assessment you will discover how you and your partner enjoy your recreational experiences. Place a check mark in the box if the statement is true for you and do the same for your current or recent partner. Think about recent recreational experiences as you answer these questions. This assessment can be done for one or two people.

Your Name:	Type of Recreational Experience	Your Partner's Name:
	1. Enjoy recreation with large crowds	
	2. Enjoy programmed recreation (amusement & theme parks)	
	3. Enjoy recreation that typically cost money	
	4. Enjoy recreation available near large cities	
	5. Enjoy recreation that's is technologically based	
	6. Enjoy recreation that includes nature	
	7. Enjoy recreation that is secluded	
	8. Enjoy recreation that is rural	
	9. Enjoy recreation that has very few people around	
	10. Enjoy recreation that is relatively inexpensive	
	11. Enjoy carefully planned activities	
	12. Enjoy spontaneous, "make it up as you go" activities	
	13. Enjoy overnight trips	
	14. Enjoy road trips	
	15. Enjoy long trips	
	16. Enjoy short get-aways	
	17. Enjoy water activities	
	18. Enjoy activities that require exertion (burning calories)	
	19. Enjoy activities where I can meditate lazily	
	20. Enjoy activities where I can interact with people	

Compare and contrast the types of recreation you and your partner prefer. Do themes emerge? Discuss them with your partner. Do you share common preferences? Which is your most significant preferences, which is your partner's? Is it possible for each of you to adapt a preference from the other's preference?