

# 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	_____

# Recreational Enjoyment Inventory Marriage Builders 222126

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web sep 2 2022 it is located in one of the eleven french national parks between briançon and grenoble the two hours drive from ceillac is unbelievably gorgeous and i can't believe i've never been to the écrins national park as it's pretty close to home i start hiking a bit late around 4pm and i'm starting off with a massive and never ending climb

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