



Darts  
Pool  
Scuba Diving  
Snorkeling  
Situps  
Pushups  
Yoga  
Building Models  
Martial Arts  
Street Hockey  
Stickball  
Soccer  
Gymnastics  
Getting in and out of bed  
Windsurfing  
Use a Pogo Stick  
Sewing  
Crocheting  
Quilting  
Quoits  
Snowshoeing  
Knitting  
Frisbee Throwing  
Aerobics  
Weight Lifting  
Biking

**SOCIAL ACTIVITIES**

Dancing  
Cruises

Camping  
Badminton  
Horse Riding  
ATV Riding  
Basketball  
Squash  
Racquetball  
Parachuting  
Climbing  
Ice Hockey  
Ice Skating  
In Line Skating (Rollerblading)  
Rafting  
Canoeing  
Snowmobiling  
Jet Skiing  
Cricket  
Platform Tennis  
Wrestling  
Surfing  
Boogie Boarding  
Snowboarding  
Collecting Coins, Stamps, Cards  
Hiking  
Fishing  
Bird Watching  
  
Visiting Family  
Visiting a Battlefield  
Going to Disney World

Visiting Friends  
Going to Parties  
Attending Church  
Holidays  
- New Year's Eve  
- New Year's Day  
- Memorial Day  
- Labor Day  
- Yom Kippur  
- Rosh Hashana  
- Easter  
- Hanukkah  
- Christmas  
- Halloween  
- Mother's Day  
- Father's Day  
- 4<sup>th</sup> of July  
- Thanksgiving  
Entertaining  
Meeting New People  
Eating Out

Sightseeing  
Going to Antique Shows or Flea Markets  
Going to Movies  
Going to the Library  
Going to the Zoo  
Going to a Museum  
Going to a Parade  
Walking  
Driving Car  
Attending Synagogue  
Reading  
Listening to Music  
Shopping  
Vacations  
Going to Concerts, Games  
Events  
Picnics  
Going on Amusement Rides  
Barbeque  
Going to the Beach  
Singing

## **WORK AROUND THE HOME**

### **Cooking**

Stirring  
Basting  
Holding Pans or Pots  
Slicing  
Inserting Leaves in

TableCutting  
Pouring  
Setting Table  
Lifting  
Taking Things Out of Freezer  
or OvenFrying

Using a Cookbook  
Turning Knobs on  
Appliances  
Using Garlic Press

## **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  
Installing Shelves  
Pushing Car Out of Snow  
Putting & Removing Items from Attic or Basement  
Spackling  
Fixing Leaks  
Using a Drill  
Scrapping 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 Conditioner  
Shoveling Driveway & Walks  
Raking & Bagging Leaves  
Walking Dog  
Feeding Dog  
Screens  
Getting Mail  
Taking Out Trash  
Filling Bird Feeders  
Hanging Curtains, Blinds  
Putting in Storm Windows  
Setting Clocks  
Fixing Potholes in Driveway  
Cutting Down Trees  
Cleaning Gutters  
Climbing a Ladder

Changing Batteries in Smoke Alarms

Cleaning Interior of Car

Repairing Windows

Moving Furniture

Chopping Wood

Fixing Clogged Toilet

Painting

Hanging Paintings

Hammering

Sawing

Mowing Grass

Weeding

Pruning

Fertilizing

Spraying

Watering Lawn

Planting Flowers or Shrubs

Digging

Putting in Anti-Freeze

Changing Oil in Car

Changing Tires

Washing Car

Cutting Hay

Starting a Fire

Installing Fire Alarms

Putting up Holiday Decorations

Picking up Clothes, Toys, etc.

Cleaning Pool

Hooking up Stereos, TVs, Computers

Using a Fire Extinguisher

Gardening

Changing Light Bulbs

Tree Trimming

Tree Climbing

Splitting Wood

Clearing Brush & Growth

Use a Chainsaw

### **ACTIVITIES WITH CHILDREN**

Birth

Carrying

Feeding

Bathing

Changing Diapers

Picking up After Them

Pushing Stroller

Hugging

Running After Them

Disciplining Them

Brushing Their Teeth

Shampooing Their Hair

Towelng Them Dry

Giving Piggy Back Rides

Tucking Them in Bed

Taking Them to the Movies, Sports, Parks,  
Amusements

Wrestling with Them

Putting Them on Shoulders

Rocking  
Playing with Them  
Carrying Them on a Backpack  
Holding  
Kissing  
Teaching Them Sports & Activities Driving  
Them  
Giving a Bottle

Washing Their Hands & Faces  
Combing Their Hair  
Drying Their Hair  
Catching Bugs  
Looking at Clouds  
Coloring & Painting with Them  
Taking Them to Beach  
Packing Lunches  
Tying Children's Shoes  
Cooking with Them (Teaching How)  
Dressing Them  
Cuddling Them

### **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  
Putting Rollers in Hair  
Unscrewing Jars & Bottles  
Opening Pop Top Cans

Driving Stick Shift  
Zippering  
Chewing  
Writing  
Showering  
Shaving  
Flossing  
Combing or Brushing Hair  
Applying Makeup  
Cleaning Ears  
Applying Deodorant  
Putting on Cufflinks  
Putting on Bracelets, Watches  
Necklaces  
Using Hair Dryer  
Climbing Stairs  
Tying Shoes

## **MISCELLANEOUS**

Carrying Luggage

Driving a Car

Dialing a Telephone

Sleeping

Getting In and Out of Car

Typing

Holding a Telephone

Pumping Gas

Using a Dictaphone

Feeding a Pet

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

Holding a Mug

Carrying a Briefcase

Using a Channel Changer

Using a Computer

Walking on Ice or Uneven Surfaces

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

Winding a Watch

Changing Litter Box

Grooming & Washing Pet

## **INTER-PERSONAL**

Sexual

Caressing

Touching

Feeling Attractive

Hugging

Massaging

Kissing

Flirting

## **PHYSICAL FUNCTIONS**

Standing

Squatting

Bending to Side

Holding

Crouching

Bending Over

Lifting

Kicking

Climbing

Sitting  
Scratching  
Standing on One Foot  
Hopping  
Jumping  
Eating  
Chewing  
Standing on Your Toes  
Smelling  
Running  
Twisting

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  
Anxiety  
Short Temper

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

## **FINANCIAL**

Making Money

Buying a House

Buying New Furniture

Going Out to Dinner

Going to Movies, Plays, etc

Putting Money Away for Children's Education

Buying Household Goods and Furnishings

Paying for Health Insurance

Saving Money

Buying a New Car

Buying New Clothes

Going on Vacation

Funding an IRA

Pension Contributions

Buying Toys, Games, etc., for Children