Appendix C

Recreational Enjoyment Inventory

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’s or wife’s), circle one of the 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 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 should select when planning recreational time together.

You have the permission of the publisher to photocopy the questionnaire for use in your own marriage. I recommend that you enlarge it 125 percent so that you’ll have plenty of room to write in your responses.

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| **Activity** | **Husband’s Rating** | **Wife’s Rating** | **Total Rating** |
| 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 |  |
| Bible study | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Bicycling | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Boating | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Bodybuilding | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Bowling | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Boxing (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Bridge | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Camping | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Canasta | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Canoeing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Checkers | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Chess | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Church services | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Coin collecting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Computer programming | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Computer games | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Computer  | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Concerts (rock music) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Concerts(classical music) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Concerts(country music) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Cribbage | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Croquet | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Dancing (ballroom) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Dancing (square) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Dancing (rock) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Dancing () | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Dining out | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Fishing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Flying (as pilot) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Flying (as passenger) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Football (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Football (playing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Gardening | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Genealogical research | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Golf | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Ham radio | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Handball | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Hiking | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Hockey (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Hockey (playing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Horseback riding | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Horse-shows (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Horse racing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Horseshoe pitching | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Hot air ballooning | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Hunting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Ice fishing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Ice skating | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Jogging | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Judo | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Karate | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Knitting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Metalwork | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Model building | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Monopoly | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Mountain climbing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Movies | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Museums | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Opera | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Painting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Photography | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Pinochle | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Plays | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Poetry (writing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Polo (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Pool (or billiards) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Quilting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Racquetball | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Remodeling (home) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Rock collecting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Roller-skating | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Rowing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Rummy | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Sailing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Sculpting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Shooting (skeet, trap) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Shooting (pistol) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Shopping (clothes) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Shopping (groceries) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Shopping (vehicles) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Shopping () | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Shuffleboard | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Sightseeing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Singing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Skiing (water) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Skiing (downhill) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Skiing (cross-country) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| diving (snorkeling) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Skydiving | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Snowmobiling | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Softball (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Softball (playing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Spearfishing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Stamp collecting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Surfing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Swimming | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Table tennis | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Taxidermy | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Television | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Tennis | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Tobogganing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Video games | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Video production | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| movies (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Volleyball | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Weaving | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Woodworking | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Wrestling (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
| Yachting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 |  |
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