Checklist of Leisure, Interests and Participation (CLIP)

This tool is a checklist exploring individual preferences to leisure and their potential interest in meaningful and purposeful activity. This checklist can be completed by the patient/consumer or it can be completed with the therapist. This checklist is designed to generate conversation about individual preferences to support goal setting and therapy planning.

To complete the form, you should consider your leisure activity, interests, and participation over the past 12 months. Indicate interests by ticking the relevant box in the table.

Activity	Interest in Activity					
	✅ I currently do this	🔁 I'd like to start again	⭐ I've never done this, but I'd like to	❌ Not interested	🚫 Not leisure for me	🤷 I don't know this activity
🎢 **Adventure Activities** (climbing, gliding, surfing, skateboarding)	☐	☐	☐	☐	☐	☐
🐝 **Animal Husbandry** (beekeeping)	☐	☐	☐	☐	☐	☐
🎨 **Art & Craft**	☐	☐	☐	☐	☐	☐
⛹️ **Athletics** (running, track & field)	☐	☐	☐	☐	☐	☐
👶 **Babysitting**	☐	☐	☐	☐	☐	☐
🎲 **Board & Card Games**	☐	☐	☐	☐	☐	☐
🏕️ **Camping**	☐	☐	☐	☐	☐	☐
♟️ **Checkers & Chess**	☐	☐	☐	☐	☐	☐
🎭 **Circus & Aerial Aerobics**	☐	☐	☐	☐	☐	☐
🖍️ **Colouring-in**	☐	☐	☐	☐	☐	☐

💻 **Computer Activities** (games, internet browsing)	☐	☐	☐	☐	☐	☐
🎶 **Concerts & Festivals**	☐	☐	☐	☐	☐	☐
🍳 **Cooking & Baking**	☐	☐	☐	☐	☐	☐
🦸 **Cosplay**	☐	☐	☐	☐	☐	☐
🎭 **Cultural Activities**	☐	☐	☐	☐	☐	☐
🚴 **Cycling**	☐	☐	☐	☐	☐	☐
💃 **Dancing**	☐	☐	☐	☐	☐	☐
❤️ **Dating**	☐	☐	☐	☐	☐	☐
🔨 **DIY & Home Improvement**	☐	☐	☐	☐	☐	☐
🚗 **Driving**	☐	☐	☐	☐	☐	☐
🍽️ **Eating Out with Friends**	☐	☐	☐	☐	☐	☐
🏋️ **Exercise & Gym**	☐	☐	☐	☐	☐	☐
🎣 **Fishing**	☐	☐	☐	☐	☐	☐
🗣️ **Foreign Languages**	☐	☐	☐	☐	☐	☐
🌿 **Gardening & Yard Work**	☐	☐	☐	☐	☐	☐
🚶 **Going for a Walk or Run**	☐	☐	☐	☐	☐	☐
🎉 **Going to a Party**	☐	☐	☐	☐	☐	☐
💄 **Hair Styling & Makeup**	☐	☐	☐	☐	☐	☐
🥾 **Hiking**	☐	☐	☐	☐	☐	☐

🍺 **Home Brewing**	☐	☐	☐	☐	☐	☐
🏠 **Home decorating**	☐	☐	☐	☐	☐	☐
🏇 **Horse riding**	☐	☐	☐	☐	☐	☐
⛸️ **Ice skating**	☐	☐	☐	☐	☐	☐
🏓 **Individual sports** (e.g. golf, tennis)	☐	☐	☐	☐	☐	☐
🧶 **Knitting/ sewing/ crocheting**	☐	☐	☐	☐	☐	☐
🎧 **Listening to music**	☐	☐	☐	☐	☐	☐
🥋 **Martial arts**	☐	☐	☐	☐	☐	☐
🧘 **Meditation**	☐	☐	☐	☐	☐	☐
🏍️ **Motor Sports**	☐	☐	☐	☐	☐	☐
🎬 **Movies**	☐	☐	☐	☐	☐	☐
🎨 **Painting/Drawing**	☐	☐	☐	☐	☐	☐
🐶 **Pets/Livestock**	☐	☐	☐	☐	☐	☐
📷 **Photography**	☐	☐	☐	☐	☐	☐
🧩 **Puzzles**	☐	☐	☐	☐	☐	☐
🕌 **Religious Activities**	☐	☐	☐	☐	☐	☐
🛠️ **Renovating**	☐	☐	☐	☐	☐	☐
🏃 **Running/Jogging**	☐	☐	☐	☐	☐	☐
⛵ **Sailing**	☐	☐	☐	☐	☐	☐
📒 **Scrapbooking/ Card Making**	☐	☐	☐	☐	☐	☐
💞 **Sexual activities**	☐	☐	☐	☐	☐	☐
🛍️ **Shopping**	☐	☐	☐	☐	☐	☐
🎤 **Singing**	☐	☐	☐	☐	☐	☐
🤝 **Social Clubs**	☐	☐	☐	☐	☐	☐
📱 **Social Networking** (e.g., Facebook, Instagram)	☐	☐	☐	☐	☐	☐

👫 **Social Visit with Friends**	☐	☐	☐	☐	☐	☐
🏓 **Table Tennis & Pool**	☐	☐	☐	☐	☐	☐
☯️ **Tai Chi**	☐	☐	☐	☐	☐	☐
🏀 **Team Sports** (e.g., soccer, basketball, hockey, football)	☐	☐	☐	☐	☐	☐
📺 **Television**	☐	☐	☐	☐	☐	☐
🌎 **Travel & Vacation**	☐	☐	☐	☐	☐	☐
🚘 **Vehicle Restoration**	☐	☐	☐	☐	☐	☐
🎮 **Video Games** (e.g., PlayStation, Xbox)	☐	☐	☐	☐	☐	☐
🏛️ **Visiting a Museum**	☐	☐	☐	☐	☐	☐
👐 **Volunteer Services**	☐	☐	☐	☐	☐	☐
🏄 **Water Activities** (e.g., stand-up paddleboarding, kayaking)	☐	☐	☐	☐	☐	☐
🏊 **Water Sports** (e.g., swimming, water polo, diving)	☐	☐	☐	☐	☐	☐
🪵 **Woodwork/ Mending/Fixing**	☐	☐	☐	☐	☐	☐
✒️ **Writing**	☐	☐	☐	☐	☐	☐
🧘 **Yoga & Pilates**	☐	☐	☐	☐	☐	☐
Other (please describe below)	☐	☐	☐	☐	☐	☐