

FD03 Lifestyle and Leisure



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Please ask them to send the complete version of this material before the lesson.

Leisure Time Skills Checklist

Leisure Time Skills	Can do already	Needs practice	Plan to start	Accomplished
To travel				
Invite a friend over				
Subscribe to a magazine				
Read a book				
Plan a TV viewing schedule				
Go for a walk				
Join the Scouts,NPO,Green Earth Movement or other organization				

Go to spa and health club				
Go to camp				
Attend school functions: plays, dances, concerts, sporting events				
Attend a house of worship				
Keep a calendar of events				
Participate in a sport				

INTERMEDIATE

Vacation

Are you planning on going anywhere for your next vacation?

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Leisure Time Skills	Can do already	Needs practice	Plan to start	Accomplished
Help plan a party				
Invite a friend over				
Subscribe to a magazine				
Read a book				
Plan a TV viewing schedule				
Go for a walk				
Join the Scouts,NPO, Green Earth Movement or other organization				
Go to a recreation center				
Go to camp				

Attend school functions: plays, dances, concerts, sporting events				
Attend a house of worship				
Keep a calendar of events				
Participate in a sport				

ADVANCED

What is your favorite clothing brand?

What is your favorite band/group/musical artist?

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SHOPPING

Do you care what your friends are wearing?

Do you like wearing things that are different from what everyone else has?

How important is looking original to you?

Do you and your friends shop in similar places?

Do you introduce your friends to new stores or do they introduce you?

How important are brand names/labels to you?

Would you pay more for something if it was unique?

How many times a month do you go shopping (including online shopping)?

Do you spend more on technology or clothing?

Do you care more about clothing or accessories?

What is your favorite (non-online) store?

If someone gave you \$200, what would you spend it on? What about \$500?

If your parents were going to foot your shopping bill, what store would you take them to?

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Where are they located?

Q2

How long do you usually watch television shows on weekdays?

___ hours per day on weekends?

___ hours per day

Q3

What do you watch on television?

___ I channel surf to find something I want to watch

___ I only turn on specific programs

___ Other:

Q4

How often is the television on even if you aren't watching?

Often Sometimes Rarely Never

Q5

How often do you watch television instead of visiting with friends or doing a hobby?

Often Sometimes Rarely Never

Q6

How often do you watch television instead of exercising?

Often Sometimes Rarely Never

Q7

How often do you watch television during meals?

Often Sometimes Rarely Never

Q8

How often do you snack while you watch television?

Often Sometimes Rarely Never

Q9

Do others influence your TV viewing habits?

Yes No

Q10

What changes would you like to make in your television viewing habits?

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