

I Will Adapt

NAME: _____

Date: _____

Before COVID-19, what were your **3 Favorite Leisure Activities?**

1. _____
2. _____
3. _____

What benefits did you get from each activity?

Activity 1

Activity 2

Activity 3

_____	_____	_____
_____	_____	_____
_____	_____	_____

If you can't participate in these activities now, what are the benefits you miss the most?

1. _____
2. _____
3. _____
4. _____
5. _____

Brainstorm a list of activities that can help you get these benefits while keeping you safe...

Now Create an Action Plan...

For example, to get more EXERCISE I will TAKE WALKS OUTDOORS.

Your Turn...Fill in the blanks

To get more (benefit)...I will try (a new appropriate activity)

To get more _____ I will _____

To get more _____ I will _____

To get more _____ I will _____

Write one step that you can start TODAY to adapt your leisure lifestyle.

You Got This! You're Adapting!