

APPENDIX 6

NAME:

DOB:



BEFORE TOOLKIT

I enjoy doing:

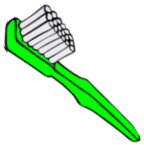
.....

.....

I don't enjoy doing:

.....

.....



I would like to be better at:
(rate on the face scale how you feel about these activities)

AFTER TOOLKIT

How I feel about the activities now:

(use the same activities that you used before completing the toolkit, and rate on the face scale how you feel about these activities now)

ACTIVITY	RATING SCALE
	