

**FREE TIME QUESTION SHEET**

1. How do you feel when you choose an activity and participate in it?
2. How do you feel when someone else chooses an activity for you?
3. What activities do you choose to participate in when you have free time?
4. Are these healthy activities? Why or Why not?
5. Why is it important to spend your free time engaged in healthy activities?
6. Write down three goals of ways you'd like to make better use of your time.

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