

Activity Card Sort (ACS) Assessment Template

Participant Information:

Full Name: _____

Date: _____

Date of Birth: _____

Identification Number: _____

Instructions for Participant:

You will be presented with a series of activity cards, each depicting different activities.

Please sort these cards into the following categories based on your level of engagement:

1. Activities you currently do
2. Activities you have given up
3. Activities you wish to do

Your responses will be recorded and subsequently analysed.

There are no right or wrong answers in this test. The goal is to understand your activity engagement and participation.

Activity Cards:

(List of activities - Each activity should be on a separate line or on separate cards if done physically)

1. Cooking
2. Gardening
3. Reading
4. Socializing
5. Walking
6. Swimming

7. Painting
 8. Volunteering
 9. Yoga
 10. Playing an instrument
 11. (Continue list as needed)
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Sorting Categories:

1. Currently do _____
 2. Have given up _____
 3. Wish to do _____
-

Assessor's Notes:

Please record the participant's responses here.

1. Activity: _____ Category: _____
 2. Activity: _____ Category: _____
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Assessor's Signature: _____

Participant's Signature: _____