

# Activity Card Sort (ACS) Assessment Template

## Participant Information:

Full Name: \_\_\_\_\_

Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Identification Number: \_\_\_\_\_

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## 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.

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## 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 \_\_\_\_\_
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**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:** \_\_\_\_\_