

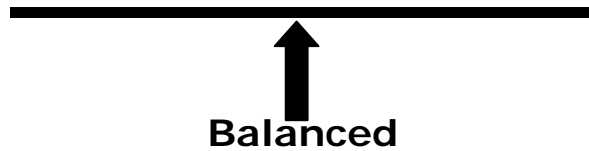
Recreation Equality Scale



How equal are you and your partner in time spent on personal fun? Talk with your partner about the time per week (or month or year) you each spend on each activity. Add more items as you think of them; ignore those that don't apply. In the Who column, put an "=" sign by those items that you feel are equally shared, or the **initials** of the person who does more of the activity by those items that aren't equal. It's okay if one of you does 100% of a given task! Then, put an **X** on the scale to show your current *overall* recreation balance. Use the Who column to talk about how you might move toward a more equal picture.

Parent A

Parent B



Who	Activity/Issue	Who	Activity/Issue
	Exercise		Social activities/events
	Time to yourself		Organizational activities (non-work)
	Self-help – group meetings/therapy sessions/conferences/reading books		Games – board/cards/computer/other
	Religious-affiliated activities		Meditation
	Sports – participating/observing		Retreats/spa services
	Music – participating/observing		Volunteer activities
	Adventures		Personal projects
	Vacations		Classes (non-career-related)
	Reading		TV
	Internet surfing		Hobbies (general)