Activity Determination Scale

Activity Determination Scale (AD Scale) © 2014 (Beta Testing)   chris.cavert@gmail.com
(To determine where an activity would – might – fall within a team building program sequence.)

The Idea: Scale all activities that you know (or activities you want to put into a program). Then put them in a progression from lowest number to highest number. (Range: 7 to 35)

TRAIT	Less (of the trait)				More
Directions:	1	2	3	4	5
Movement:	1	2	3	4	5
Props:	1	2	3	4	5
Physical Contact:	1	2	3	4	5
Height of Activity:	1	2	3	4	5
Sight Limitations:	1	2	3	4	5
Emotional Investment:	1	2	3	4	5

Name of Activity: _____   Score: _____

Comments/Feedback: