

# What Are My Activity Restrictions?

**EXERCISE:** *There may be activities that are harmful or risky for you because of your health.*



**Why?**

The reason(s) why will be specific to you. Ask your health care team about any restrictions. Make sure you understand why these activities put you at risk.



**So now  
What?**

Let people close to you know about the things that put you at risk so they can support you. You may need this support when people try to talk you into activities that are too risky for you. Also make sure your teachers, counselors and employers know about your activity restrictions.

## THINGS I SHOULD NOT DO

I am not able to \_\_\_\_\_ because \_\_\_\_\_

I am not able to sky dive, deep sea dive because \_\_\_\_\_

I am not able to drive a \_\_\_\_\_ because \_\_\_\_\_

I am not able to be involved in contact sports such as \_\_\_\_\_  
because \_\_\_\_\_

