

Self Check In and/or Visit Prep Form

(This Form is not required and is for personal use.)

A helpful way to stay focused and achieve your personal goals is to jot notes regarding your progress and visits. These questions are provided as a reminder of your bigger vision of health, area of focus, goals and weekly actions. You can track progress and identify modifications in your actions to achieve your goals.

1. What word (or several words) represents your ideal picture of health and wellbeing?
2. What is your current area of focus?
3. What have you accomplished since your last coaching session? What were your small or large successes or new insights?
4. What are the biggest challenges you face currently?
5. How are you addressing these challenges in order to move toward your goals?
6. What would you like to focus on in your next coaching session?