

Discovery Form

Please fill in this form with as much detail as you feel comfortable sharing, this enables your coach to come into the discovery session knowing as much about you and your goals as possible, so your partnership can begin on the right foot.

Personal Information

Name

First

Last

Age

Email:

name@example.com

Mobile phone

Main health goals

Why are you reaching out to a health coach today? what specific health wellness and lifestyle changes would you like to make?

Desired Health Changers #1

Desired Health Changers #2

Desired Health Changers #3

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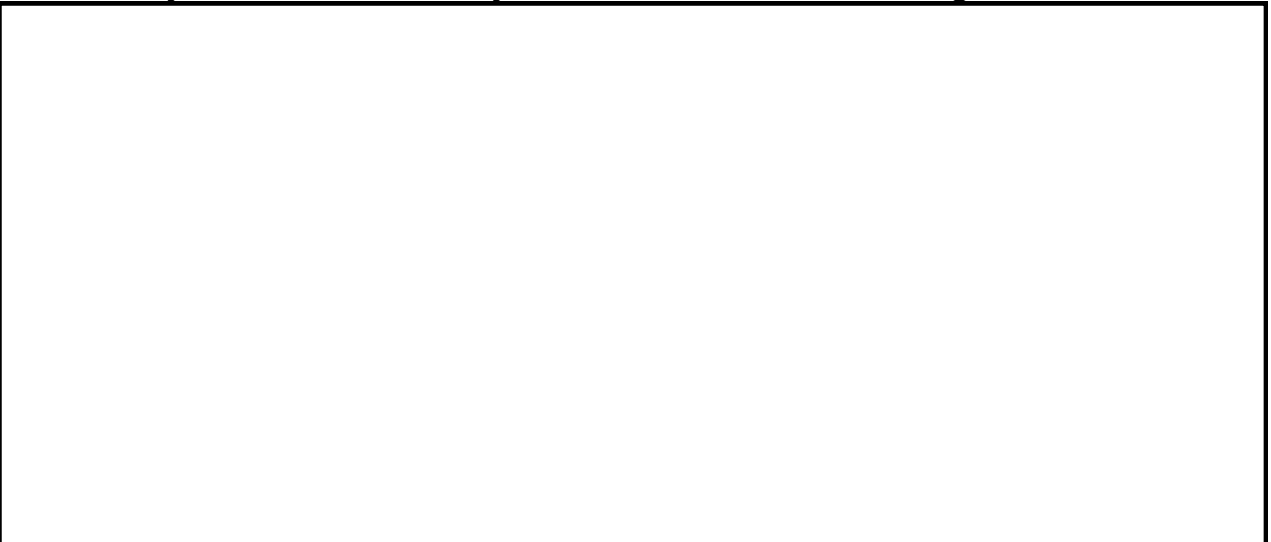
Desired Health Changers #4

A large, empty rectangular box with a black border, intended for writing the fourth set of desired health changes.

Desired Health Changers #5

A large, empty rectangular box with a black border, intended for writing the fifth set of desired health changes.

How would your life be different if you were to achieve theses changes?

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What have been your barriers in creating these health changes for yourself?

How do you feel a health coach will help you achieve your goals?

Coachability Self-assessment

On a scale of 1-10 rate how ready you are to enter a health coaching relationship right now

1 = I am not ready 5= I think I'm ready 10= I am 100% ready and excited

I am open-minded about learning new ways of eating, moving and living

I can commit to changes that feel uncomfortable, unusual or unconventional

I will communicate and negotiate with my health coach as an equal partnership, and feel confident to ask for what I need.

I have a high level of self-awareness

I will keep my word to myself and my coach

I understand that health coaching is an investment in myself, and I will not suffer about the financial cost