



Welcome! I'm so excited to accompany you on your health journey.

In order for us to get started I have a few questions to give me a better understanding of you and your expectations. These are questions that give me insight into your unique view of yourself, your relationships, your job or career and your view of the world. Take your time answering the questions, they are questions that require reflection and are designed to stimulate you to think deeply on the subject.

If you are not quite done or have them partially filled out, go ahead and send them in anyway. They can still serve as a starting place for our work together. All answers will be treated with complete professionalism and confidentiality.

Laying the Foundation for Coaching

What do you want to get from the coaching relationship?

Do you have any apprehension or concerns about coaching?

What are three things you would like me to know about you?



Your Personal Perspective on Health

What accomplishments or events must, in your opinion, occur during your lifetime to consider your life satisfying and well lived?

What is a secret passion in your life? Something you may or may not have allowed yourself to do so far, but which you would really love to do.

What unique gift or knowledge do you have to contribute?

Please describe what gives you a sense of purpose in life? What activities have meaning for you?



What's missing in your life, the presence of which would make your life be more fulfilling?

Health & Wellness Information

As your coach, it is my job to help you craft a new vision of health. There may be times when I recommend partners on the journey such as medical, psychological, nutritional and other health related specialists for more information and to seek treatment in these areas. I will be your ally, resource and accountability partner as you navigate your path towards wellness.

Sharing information about your lifestyle and health helps me to understand your priorities, health challenges and aspirations for higher levels of wellness.

Please describe your lifestyle and what you do to be healthy.

Describe any health challenges that you currently experience (major concerns as well as minor ones).



Are you currently on any medications? If so, please list or attach a list if you've put one together.

What do you do to reduce stress in your life?

What is a typical week in terms of exercise/movement?

What do you do in your life that brings you happiness or joy? How often do you do this?



What gets in the way of doing the thing(s) that bring you joy?

How much sleep/rest do you get on a typical weekday night? What (if any) sleep challenges do you have?

What diet/nutritional regimes have you tried in the past, and most importantly, what worked and didn't work for you?

What do you think may happen if you *don't* take action on your health and wellness?