



Coaching Session Prep Form

One helpful way to achieve your personal health goals is to take the time to regularly evaluate your progress. This form is designed to give you a quick way to track your progress toward your goals and identify any changes you need to make to achieve them.

1. What have you accomplished since your last coaching session? What were your small or large successes or new insights?

2. What are the biggest challenges you are facing right now?

3. How are you addressing the challenges that you are facing in order to move forward to your goals?

4. What would you like to focus on in your next coaching session?