

Getting Started with Coaching -

If you think you might be interested in pursuing coaching, we have a few questions for you so that we can help you find the right Coach-client match.

- 1) On a scale of 0- 5, with 0 being “I don’t know”, 1 being the least, and 5 being the most - what is your interest level in exploring or working on the following categories:

Interest Level:	0	1	2	3	4	5
Nutrition / Digestion / Hydration						
Stress Management						
Time Management						
Movement / Exercise / Fitness						
Weight Loss / Gain						
Sleep / Relaxation						
Relationships / Family Friends / Community						
Career / Education						
Personal Growth & Development / Spirituality						
Healthy Home Cooking						
Physical Environment						
Mindfulness & Awareness						
Creativity						
Fun & Recreation / Social Life						
Physical Health						
Emotional/Mental Health						

2) When you begin to work with a coach, please identify 1-3 goals you would like to work toward:

Goal 1:

Goal 2:

Goal 3:

3) Is there anything else you would like to share with us, perhaps something that wasn't covered above? Please write a few sentences in the space provided below.

Thanks for sharing your answers. We will review them and do our best to match you up with the most suitable coach and get back to you within 48 hours to schedule your first session. Please also feel free to check out our coaches' individual bios [here](#), and let us know if one or more look like good matches to you.

We are looking forward to getting you started on your coaching journey!

In Health & Well-being,
The Prime Team