

Maternal Manifest Intake Form

Welcome to Maternal Manifest! We're thrilled that you've reached out, and we're excited to discuss the possibility of providing life coaching services to support you throughout your prenatal and postnatal journey. This intake form will help us get to know you better and tailor our coaching services to your unique needs and goals. Please complete the following information:

Personal Information:

- Full Name: _____
- Prefer to be Called: _____
- Spouse or Significant Other (if applicable): _____
- Date of Birth: _____
- Email: _____
- Phone Number: _____
- Address: _____
- Emergency Contact Name: _____
- Emergency Contact Phone Number: _____

Baby and Pregnancy Information:

- Expected Due Date: _____
- Baby's Name & Sex (if known): _____
- Names of Children: _____
- Previous Pregnancy/Pregnancies (if applicable): _____
- Pregnancy Stage (e.g., First Trimester, Second Trimester, Third Trimester): _____

Briefly describe your current lifestyle, including your work, daily routine, and relationships:

Areas of Desired Improvement:

Feel free to select any or all of the options that resonate with your current needs and goals. Our aim is to provide tailored coaching that addresses your specific areas of development during this remarkable life stage. Please select the areas in which you would like to focus during your coaching sessions:

- **Overall Health and Wellness:** Enhancing your physical well-being, managing pregnancy-related discomfort, and maintaining a healthy lifestyle.
- **Nutrition:** Creating a balanced and nourishing diet to support you and your baby during pregnancy and beyond.
- **Positive Thinking:** Cultivating a positive mindset, managing stress, and maintaining emotional well-being throughout this transformative phase.
- **Self-Reflection:** Exploring your personal goals, values, and aspirations as you transition into motherhood and navigate the postpartum period.
- **Emotional Resilience:** Building emotional strength and resilience to navigate the emotional ups and downs of pregnancy and early motherhood.
- **Relationships:** Enhancing communication and relationships with your partner, family, and support network during this significant life transition.
- **Time Management:** Developing effective time management skills to balance the demands of motherhood, work, and personal time.
- **Self-Care:** Prioritizing self-care routines to ensure your physical and emotional well-being while caring for your baby.
- **Birth Preparation:** Preparing for childbirth, understanding labor and delivery options, and creating a birth plan that aligns with your preferences.
- **Breastfeeding Support:** If applicable, receiving guidance and support for successful breastfeeding, including addressing challenges and concerns.
- **Postpartum Recovery:** Focusing on postpartum healing, physical recovery, and self-care in the post-birth period.
- **Goal Setting:** Setting and achieving personal and professional goals during pregnancy and postpartum.
- **Parenting Skills:** Building effective parenting strategies, such as infant care, sleep routines, and nurturing your child's development.
- **Career Transitions:** Exploring options for balancing or transitioning your career with the demands of motherhood.
- **Spiritual Growth:** Nurturing your spiritual well-being and connecting with your faith during this transformative period.
- **Financial Planning:** Managing finances and planning for the financial impact of parenthood.

Medical Areas of Concern During Pregnancy:

Please select any medical areas of concern during pregnancy that apply to you:

- Hypertension
- Gestational Diabetes
- Preeclampsia
- Thyroid Disorders
- Anemia
- Preterm Labor Risk
- Other (please specify): _____

Please briefly describe any of your medical areas of concern during pregnancy:

Do you have any medical or psychological conditions that may affect your coaching experience or require special accommodations?

Desired Frequency and Method of Check-Ins:

- Weekly
- Bi-Weekly
- Monthly

What is your preferred mode of communication for coaching sessions (in-person, phone, video, email)?

Are there specific time constraints or scheduling preferences that I should be aware of when planning sessions?

How did you hear about my coaching services?

Intent Behind Life Coaching:

Tell us more about your goals and intentions for life coaching. What do you hope to achieve through our coaching services? What are your expectations from a life coaching relationship? What role do you envision for the coach in your life?

Are there any specific values, beliefs, or personal philosophies that are important to you and should be taken into consideration during coaching?

What would you consider a successful outcome or result of our coaching relationship?

Have you ever worked with a life coach or therapist before? If so, please provide details about your past experiences.

Additional Questions:

What are the biggest challenges or obstacles you currently face in your life?

On a scale of 1 to 10, how committed are you to making positive changes in your life right now, with 10 being extremely committed?

What personal strengths or resources do you believe will help you achieve your goals?

How do you cope with stress and setbacks? Are there any specific coping strategies that have worked well for you in the past?

Is there anything else you would like to share or discuss before we begin our coaching journey?

Remember that life coaching is highly customizable, and your desired areas of improvement should align with your unique needs and aspirations during your prenatal and postnatal journey. Your life coach will work with you to set specific goals and strategies tailored to your chosen areas of development.

Christian-Based Approach:

Maternal Manifest is a Christian-based life-coaching business that believes in the power of prayer and the Lord's guidance. We are committed to assisting you in your journey while acknowledging the role of faith and spiritual growth. As 2 Corinthians 12:9 reminds us, "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses so that Christ's power may rest on me."

Complimentary Consultation Acknowledgment:

I understand that this initial appointment is solely for a complimentary consultation to determine if I am a good fit for coaching, and it is not intended to establish a retainer or create a formal agreement. This consultation serves as an opportunity for us to explore the potential coaching relationship and does not bind either party to any legal or financial obligations.

[] I acknowledge the complimentary consultation.

Signature: _____ Date: _____

Thank you for taking the time to fill out this comprehensive intake form. Your responses will help us design a coaching program that's tailored to your needs and aspirations. We look forward to our complimentary consultation and the possibility of guiding you through your pregnancy journey as your dedicated life coach. Your trust in Maternal Manifest is deeply appreciated and we're eager to support you in this remarkable chapter of your life!