



New Wellness Coaching Client Intake Form

* Required information

First name *

Last name *

What's your email? *

Best Phone Number:

Best email to reach you:

Address:

Date of Birth:

Occupation:

Emergency Contacts:

What is your preferred means of communication (i.e. telephone / email / voicemail / SMS / messenger / Facebook / other)?

Names of significant others in your life, and your relationship to them:

What influenced your decision to work with a coach?

Have you been coached prior to this? If so, describe the coaching experience:

What are your specific desired outcomes from the coaching? If you're not sure, that's okay... (perhaps consider what you might like to experience more of / less of / differently in your life)

What are your significant commitments?

What would your ideal life look like?

What are your dreams?

What dreams have you given up on?

What's working well for you right now?

What's a challenge for you right now?

What do you value / what's most important to you?

What do you believe prevents you from having the life you want?

