**Client Information Form**

Name:

Address:

Home Phone:

Cell Phone:

Work Phone:

Email:

How did you hear about me?

**Getting to Know You**

Describe your 3 greatest accomplishments to date?

How could you use what you have learned from these accomplishments to assist you in making future changes?

What are the 5 most positive things in your life?

What are 5 things you would like to change about your health and wellness?

Who are the key supportive people in your life?

List 5 adjectives that describe you at your healthiest self.

What do you consume now, that if you did, would allow you to be healthier (E.g alcohol, caffeine, sugar…)?

What are you most wanting to achieve in the next 3 years?

What are you most wanting to achieve in the next 6 months?

How ready are you to go for it?

Why have you hired me?

What are 3 immediate health changes you can make to get you off to a good start in our coaching?

What approaches to change have you found less effective for you?

How will you know that your coaching experience has been effective?

**Thank you for filling this form out? I look forward to working with you.**