

Health & Wellness Coaching ~ General Information ~ Intake Form

• Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• Full name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• Phone: (W/C/H) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• Date of birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Any family history that you would like to share?

What are your goals?

What are you struggling with that may be preventing you from reaching your

goals?

If you could change one thing about your health, what would it be? Why?

What do you consider your strengths?



**Coaching Style**

Which coaching style works best for you?

How do you learn best?

How do you like to be held accountable?

Are you willing to make changes (even if they are drastic) if it means improving your health, quality of life, increased happiness and the way you feel?

How easy is it for you to make changes?

What easily overwhelms you?

What is one thing I should know about you?

What foods/drinks bring you the most comfort? Why?

What behaviors/activities are relaxing to you?

Do you have any “triggers” that you would like to share? How do they make you feel?

Is there anything else you’d like to share or anything you’d like me to know?

PLEASE LEAVE BLANK ANY INFORMATION ON THIS FORM THAT YOU ARE NOT COMFORTABLE PROVIDING. Filling out this form enables Leaping Lotus Wellness Studio to best assess your goals, preferred coaching style, and client-focused needs. PLEASE RETURN COMPLETED FORMS BEFORE YOUR FIRST APPOINTMENT TO: leapinglotusfit@gmail.com