



## Client Intake Form

<b>Name</b>	
Birthday	
Address	
Who do you live with?	
<b>Phone #</b>	
<b>Email</b>	
Name and number of emergency contact	
<b>Current job/career</b>	
Availability (days/times)	

What are the reasons you are choosing coaching?

Current Habits - smoking, gambling, drinking, drug use, caffeine intake, sleep, exercise, eating, fun and relaxation, anything else?

What are your positive qualities/skills?

What do you like about yourself?

What qualities have helped you succeed in the past?

Plans for the future (career, personal, etc)?

How motivated do you feel to work on things in coaching?

What are your goals for coaching? What would you like to achieve through coaching?

What concerns do you have about coaching?

Anything else you would like me to know?