

# Coaching Form

Client information	
Name:	Sex:
Date of session:	Session number:
Duration:	Coach:
Session focus	
Main goal/objective for today's session	
Client's current challenges	
Desired outcome (what would success look like?)	
Key insights and reflections	
Client's reflections/insights during the session	
Coach's observations and feedback	
Action plan (next steps/tasks agreed upon)	

## Accountability and support

How can I (the coach) support you in achieving these goals?

What will you do to keep yourself accountable before the next session?

## Follow-up and homework (if applicable)

## Session rating

On a scale of 1-10, how would you rate today's session?

1      2      3      4      5      6      7      8      9      10

Date of next session:

Time: