

Today's Date: [Date]		Full Name:			
CLIENT INFORMATION					
Current Occupation:		Highest Level of Education:		Current Marital status:	
Phone Number:	E-mail Address:	Best Time of Day to Reach You: Morning Afternoon Evening		Birth date: [Birthday]	Age: Sex: <input type="radio"/> M <input type="radio"/> F
Address: [Address/ P.O Box, City, ST ZIP Code]					
Are you now or have you in the past worked with another coach? If so, briefly describe that experience.	What area/s of your life are you seeking help for? (Circle all that apply)				What are your current frustrations or challenges?
	Love	Friendship	Adventure	Environment	
	Health	Intellect	Skills	Spiritual	
	Career	Family	Creative	Community	
How committed are you to working on this problem and making changes in your life?					
What results would you expect to achieve while working with me?					
HEALTH & MEDICAL INFORMATION					
Do you frequently feel depressed or have low mood? Yes No	Do you have trouble falling asleep at night? Yes No	List any major illnesses and/or operations you have had:		List any physical concerns you have at present (e.g. headaches, dizziness, high blood pressure):	
On average, how much sleep do you get each night? _____ hours	On average, how much alcohol do you drink per week? _____ glasses/beers/etc.	Do you smoke? Yes No	How much? _____ per day	How many cups of coffee or other caffeinated beverages do you drink per day? _____	
Describe your appetite: Poor Average Large	Has your appetite changed recently? If so, how? _____	What medications are you taking currently and for what purpose?		Describe your level of stress: Low Average High	
PAST, PRESENT & FUTURE					
List your three greatest strengths: 1. 2. 3.		What excites you/inspires you/motivates you in life right now?		What are some past successes in your life?	What do you most value about yourself, your relationships, and your work?
List your three greatest weaknesses: 1. 2. 3.					
If you had the life you wanted, what would it be like and what would have to change to make that happen?					