

Coaching Intake Form

1. What do you want to get out of coaching?
2. What brought you here?
3. What do you do for a living?
4. What do you do for fun and how often do you do it?
5. How frequently do you exercise? What do you do for exercise?
6. What did you eat for dinner last night?
7. Are you in a romantic relationship? If you are willing, please rate your overall level of satisfaction with this relationship on a scale of 1-10.
8. Are you currently taking any medications for ADHD?