

## Client Preparation Form

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To get the most out of your sessions, prepare this form **BEFORE** hand (make a copy of this form to use each session). Please respond to each question in the space provided and fax to your coach at least one day prior to your next scheduled session.

- What have I done since our last call?

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- The challenges and problems I'm facing now:

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- The opportunities that are available to me now:

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- I want to use this coaching session to:

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- What I promise to do by the next call:

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- My next session will be on: \_\_\_\_\_ at: \_\_\_\_\_