

# Intake Form

## Name

First Name      Last Name

## Email

example@example.com

## Date/Time

## Address

Street Address

Street Address Line 2

City                                  State / Province

Postal / Zip Code

## Phone Number

Area Code    Phone Number

## **Best Time to Call**

**Is it all right to leave a message on phone number and email? If no, please specify.**

**Date of Birth**

**Age**

**Occupation**

**Are you happy at your current employment? If no, please tell me briefly what you would like to be doing differently.**

**Preferred coaching schedule: (Day and time)**

**Emergency contact**

**Names and relationships of important people in your life: (spouse/partner, children, friends)**

**Education history:**

**Health status:**

**Do you have any difficulty with sleep? If yes, please explain.**

**Do you have any history or current use of drugs and/or alcohol? If yes, describe:**

**Type a question**

**Do you take any medications? If yes, what?**

**Do you exercise regularly? If yes, what type of exercise and how frequently?**

**How many hours of television do you watch daily?**

**What do you enjoy doing in your free time?**

**Do you have a passion in your life? If yes, what is it?**

**Do you have a Spiritual belief or practice? If so, please briefly describe.**

**What are your ambitions or goals??**

**What are your main issue or concerns you are looking to address with life coaching?**

**How did you hear about my coaching services?**

**What influenced your decision to work with a life coach?**

**Have you ever been coached before? If yes, please describe the experience:**