

# PLAN YOUR COACHING SESSIONS

What is going well? What are you feeling successful about? Include actions taken since your last coaching session.

On a scale of 1-10 (10 being very happy), how happy are you feeling about your progress? \_\_\_\_\_  
Comments/ Notes:

Rate your level of effort since your last coaching session: \_\_\_\_\_/10  
Comments/ Notes:

Have you had any challenges since your last coaching session? Is there anything you are struggling with?

Do you have any specific questions you'd like to have answered or something specifically you'd like to work on in your next coaching session?

*We want you to get the most out of your coaching sessions! Please complete this worksheet BEFORE your next coaching session! Find additional copies at [www.ascendfitnesslifestyle.com/resources](http://www.ascendfitnesslifestyle.com/resources)*



# LET'S MOVE FORWARD

The purpose of this session is to get CLEAR on what you want to achieve, WHY you want what you want and HOW to get there.

My overall (long term/ big picture) goal is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

so that I can feel \_\_\_\_\_

**STOP HERE. The rest is to be completed WITH Coach!!**

My progress (SMART) goal(s) is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I will celebrate by \_\_\_\_\_

Action Items:

(Are the goals long term or short term? How will they be achieved? Record 1-2 ways to ensure action is taken to achieve each goal! Include HOW you will stay ACCOUNTABLE to your goal!)

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Resources + Notes:

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