

Health Coach Visit Summary Form

Name _____ Date _____

My measurements (if applicable)

| | Last visit | Today |
|---------------------|------------|-------|
| Blood pressure | | |
| Weight | | |
| Body mass index | | |
| Waist circumference | | |

Progress I have made so far (celebrate every step taken toward reaching a goal!):

1. _____
2. _____
3. _____

My goals:

1. _____
2. _____
3. _____

Steps I will take to reach my goals between now and my next visit (my "homework"):

1. _____
2. _____
3. _____

My plans for accountability between now and the next coaching visit:

1. _____
2. _____
3. _____

Coach's to-do list:

1. _____
2. _____

My next health coach visit/call/contact will be: _____

Other notes: _____

