How to Prepare for a Coaching Session

# Please use this checklist to prepare for our sessions each [WEEK/MONTH]

**One [WEEK/MONTH] Prior**

* Block out time on your calendar to complete the necessary work
* Write out your task list (workouts to complete, fridge makeover, etc)

**Daily**

* Work on your task list
* Make notes about your struggles
* Keep a list of questions for our next session

**One Day Prior**

* Review your struggles and questions list
* Verify the time/day of your appointment

**Immediately after**

* Review your notes from the call
* Expand on your plan (if necessary)