Knowing your past history with coaching will help me to serve you better, and to tailor my coaching to meet your needs in a way that makes the most sense to you. Please take a few minutes and answer the following questions about your past coaching experiences.

Your Company Name

Your Company Address

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| ***Client Name:*** |  |

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| I have worked with \_\_\_\_\_\_ fitness coach(es) in the past. (List dates and durations below – names are not necessary) |
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| Tell me why you chose the coaches you worked with. What made them appealing to you? |
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| List your 3 biggest accomplishments that directly resulted from your previous coaching experiences. |
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| Tell me what you wished your past coaches had done or said differently. |
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| Why did you end the relationships with your past coaches? |
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| If you were in the same place and time again, knowing what you now know, would you work with these coaches again? Why or why not? |
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