

Coaching Intake Form Template

Basic Information

Full Name: _____

Email Address: _____

Phone: _____

Date of Birth: _____

Preferred Pronouns: _____

Coaching Expectations

What are you hoping to achieve from coaching?

What areas of your personal or professional life would you like to focus on?

Have you worked with a coach before? Yes No

If yes, what was the experience like?

Scheduling Preferences

Preferred Coaching Times (Check all that apply):

Weekday Mornings

Weekday Evenings

Weekends

Preferred Method of Coaching:

In-person

Virtual (Video/Phone)

Other Details

Are there any obstacles or limitations you foresee in your coaching journey?
