

HEALTH COACHING INTAKE FORM



NAME: _____

Thank you for your interest in the Health Coaching Program at Gerald L Ignace Indian Health Center. Completing this intake form gives our coaches a better idea of your short and long-term health goals, past challenges and successes, and what you are looking for in a coach. Please submit the completed form to the Health Promotion Disease Prevention team once finished.

We look forward to working with you. Please feel free to call or email with any questions 414-316-5011 | healthpromotion@gliihc.net.

1. How do you envision your best health?

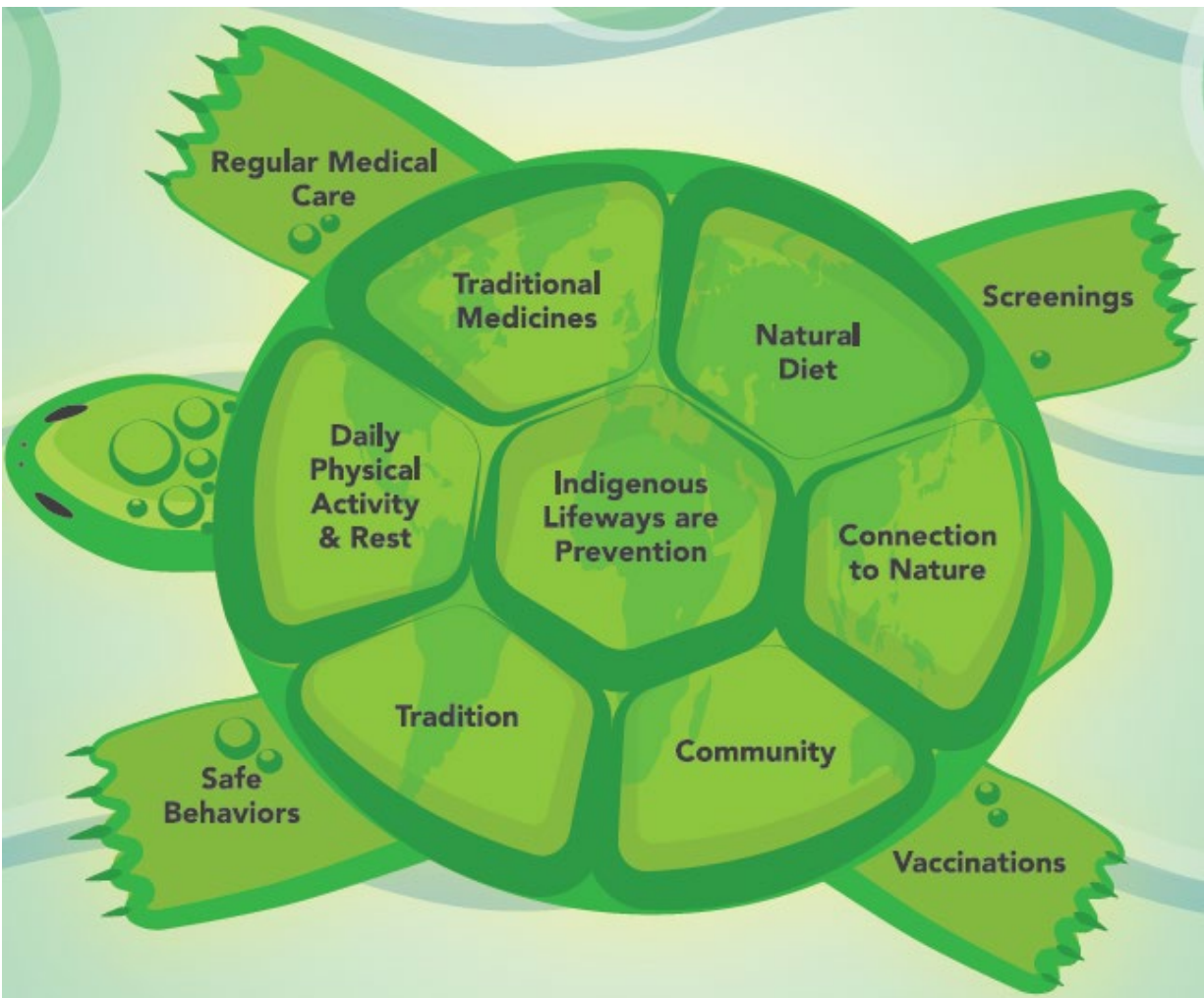
2. What is most important as you envision your best health?

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Indigenous lifeways focus on spirit, mind, body, heart, earth, and community. Combining traditional ways with modern medicine can enhance resilience, protect against chronic disease, and strengthen the health of our communities.

Content and Image source: American Indian Cancer Foundation



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3. Think about where you are now and where you would like to be. For each box below, on a scale of 1 (low) to 10 (high), how would you rate each lifeway?

	Where are you now? <i>On a scale of 1 to 10</i>	Where would you like to be? <i>On a scale of 1 to 10</i>
Nutrition Consume a natural diet, free from processed foods		
Physical Activity and Rest Maintain regularly		
Medicine Compliance Comply often and use of traditional medicines		
Connection with Nature Seek regularly		
Connection to Community Engage with regularly		
Connection to Spirituality Practice regularly		
Medical Care Seek regularly		
Safe Behaviors Practice often		
Vaccinations Stay up to date		
Preventative Screenings Schedule regularly		

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4. Which lifeway(s) above are most important to you now and what change(s) do you see yourself making to help get to where you'd like to be?

5. Which lifeway(s) are most important to you a year from now and what change(s) do you see yourself making to help get to where you'd like to be?

6. What challenges or barriers have you previously encountered that have prevented you from reaching your health goals?

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7. What have you learned about yourself from past changes you've made related to health and lifestyle? For example, are you a skillful planner, do you work better with others or alone, do you follow a schedule.

8. Think about what you are looking for in a health coach. For each box below, on a scale of 1 (low) to 10 (high), how important is each health coach skill to you.

	How Important? <i>On a scale of 1 to 10</i>
Understanding what is important to me	
Understanding what motivates me	
Understanding what is holding me back	
Gaining insight into who I am as a person	
Helping with goal setting	
Identifying actionable next steps	
Challenging me with difficult questions	
Providing honest and direct feedback	
Holding me accountable for my goals	

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9. What additional information would you like to share with your health coach?