

## 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](mailto:healthpromotion@gliihc.net).

1. How do you envision your best health?

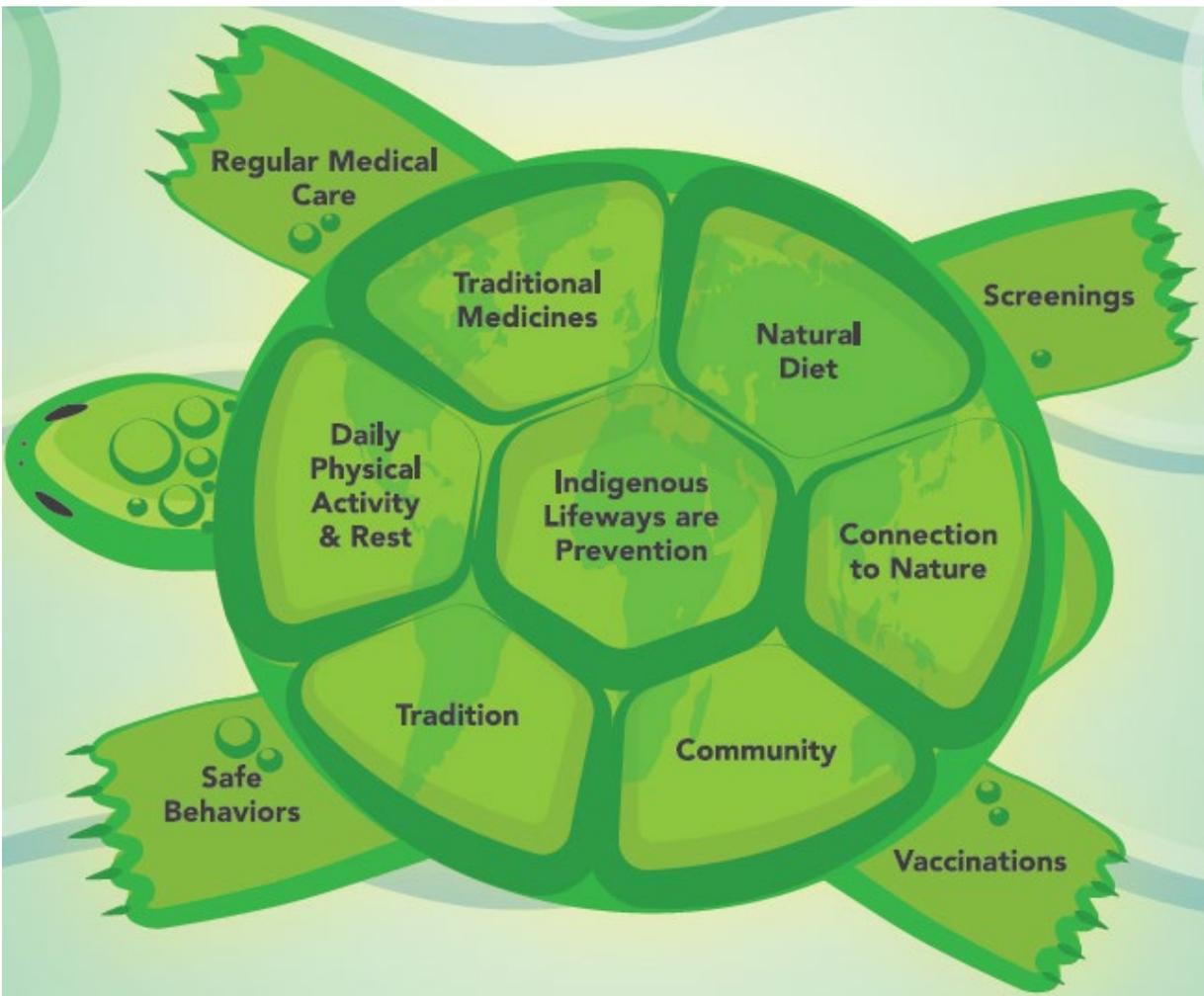
2. What is most important as you envision your best health?

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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?

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



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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.

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

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