

A smiling woman with curly hair is shown from the chest up, holding a large bouquet of pink and white flowers. The image is overlaid with a teal border and text.

FIND
the **PERFECT**
HEALTH COACH
(for you)

a worksheet

4 Steps to Finding the Perfect Health Coach

1. Think about your goals and values.

What are your health goals?

What are your values?

What type of expertise would a coach need to have in order to help you reach these goals?

2. Decide which coaching format would work best for you. Circle your preferences.

Things to consider...

1:1 - Personalized
- Private

Group - Support and feedback from others
- Community vibe

Online - Convenient (save on travel)
- Can be done from anywhere

In-person - More personal connection

3. Book a free intro or discovery session.

Does the coach that you're considering offer a free intro session? YES NO

Things to expect in an intro session:

- ▶ Discussing what your health struggles and goals are
- ▶ Learning about the coaching format and how the coach can help you with your goals

4. Invest in your health.

At the end of the intro session:
If you feel that this health coach is a good match for you, then go ahead and sign up for their program!