

LIFE COACHING INTAKE FORM

Client Name: _____

Preferred Pronouns:
Contact Information: _____

Phone: _____

Email: _____

Emergency Contact Information:

Name: _____

Relationship: _____

Phone: _____

Personal Information:

Date of Birth: _____

Gender Identity: _____

Occupation: _____

Health and Wellness:

Please list any physical health issues or disabilities:

Please list any mental health issues or diagnoses:

Are you currently taking any medications? Please list:

Coaching Goals:

What are your primary reasons for seeking coaching?

What specific goals would you like to achieve through coaching?

What obstacles or challenges do you feel are preventing you from reaching these goals?

Previous Coaching or Therapy:

Have you worked with a coach or therapist before? If yes, please describe:

What did you find helpful or unhelpful in your past experiences?

Client Responsibilities and Agreement:

1. I understand that coaching is a collaborative process designed to help me achieve personal or professional goals. Coaching is not therapy, counseling, or medical treatment. I am responsible for my own well-being and decisions.
2. I agree to be honest and open during coaching sessions and to actively participate.
3. I understand that all information shared during coaching sessions is confidential and will not be disclosed except as required by law, or with my explicit written consent.
4. I acknowledge that coaching results depend on my efforts and that no guarantees are made regarding specific outcomes.
5. I agree to provide at least 24 hours' notice to reschedule or cancel coaching sessions.
6. I understand that coaching fees must be paid as agreed prior to or at each session.
7. I confirm that I am legally competent to enter into this Coaching Agreement under United States law.

Coach Responsibilities:

1. To provide a supportive, respectful, and non-judgmental coaching environment.
2. To maintain confidentiality of all client information except as required by law or with client consent.
3. To act ethically and professionally in accordance with accepted coaching standards.
4. To provide coaching services that comply with applicable laws and regulations in the United States.
5. To communicate clearly about coaching processes, fees, and scheduling.

Acknowledgment and Consent

By signing below, I acknowledge that I have read, understood, and agree to the terms outlined in this Life Coaching Intake Form and Coaching Agreement. I consent to participate in coaching under these terms and certify that I am legally competent to do so.

CLIENT SIGNATURE

COACH SIGNATURE

Signature: _____

Signature: _____

Printed Name: _____

Printed Name: _____

Date: _____

Date: _____

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