

# LIFE COACHING INTAKE FORM

Client Name: \_\_\_\_\_ Preferred Pronouns: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Emergency Contact Information:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Coaching Goals:

Please describe your primary goals for coaching. Include specific areas you want to focus on, desired outcomes, and any challenges you are currently facing.

## Health and Wellness:

Do you have any physical or mental health conditions that your coach should be aware of? Please specify any medications or treatments you are currently undergoing. This information will remain confidential and is used solely to support your coaching journey.

## Current Life Situation:

Briefly describe your current work, family, social, and personal life situations that are relevant to your coaching goals.

## Previous Coaching or Therapy Experience:

Have you previously worked with a coach, therapist, counselor, or any other mental health professional? If yes, please describe your experience.

## Consent and Agreement:

I, the undersigned, voluntarily agree to participate in life coaching sessions provided by the Coach. I understand that coaching is not therapy, counseling, or medical treatment, and does not substitute for professional mental health care or medical care. I acknowledge that the Coach makes no guarantees regarding outcomes or results. I understand that I am responsible for my own decisions and actions. I consent to the collection and use of personal information for coaching purposes as described in the Privacy Policy provided. I understand my confidentiality rights and limits as explained by the Coach. I agree to the terms and conditions of coaching and understand that I may discontinue coaching at any time.

**CLIENT'S SIGNATURE**

**COACH'S SIGNATURE**

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Original source of this document:

<https://docs-wellness.com/life-coaching-intake-form-template/>

Did you find this template helpful?

Find more updated templates at:

<https://docs-wellness.com/>

[View more templates](#)

This template is intended exclusively for personal, non-commercial use.  
If distributed or published, the source must be mentioned.

This template is provided for guidance only and does not constitute legal advice.  
It is recommended to consult a legal professional for each specific case.