

# Coaching Log

Name \_\_\_\_\_ Date \_\_\_\_\_ Session no. \_\_\_\_\_

**1. What were your gains and challenges since your last session?**

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**2. What action step(s) did you make since your last session?**

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**3.. On a scale of 1-10 (10 being the best) how would you rate your efforts toward achieving your set goals? Why?**

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**4. What topic(s) do you want explore in your upcoming session?**

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Notes from session (To be completed by coach)

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