## **Health Coaching Program**

| Name                                    |  | Date |  |
|---|--|------|--|
| Program name                            |  |      |  |
| Program Overview                        |  |      |  |
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| In:tipl page and the                    |  |      |  |
| Initial assessment                      |  |      |  |
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| Goal setting                            |  |      |  |
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| Action plan                             |  |      |  |
|   |  |      |  |
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| Coaching session schedule and structure |  |      |  |
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| Resources                               |  |      |  |
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| Behavior change strategies |
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| Progress tracking          |
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| Program evaluation         |
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| Additional notes           |
| Additional notes           |
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