

Health Coaching

Name: John McArthur

Date: August 20, 2022

Program name: Healthy Habits for Life

Coaching sessions and program objective

The objective of this coaching program is to help John adopt healthier lifestyle habits and improve his overall well-being. The program will consist of 10 coaching sessions over a period of 3 months.

Initial assessment

In the initial assessment, John's current health status, medical history, lifestyle habits, and fitness level were evaluated. We discussed his motivations for seeking health coaching and identified areas for improvement.

Goals

Improve nutrition: Increase daily intake of fruits and vegetables, and reduce consumption of processed foods and sugary beverages.
Establish a fitness routine: Engage in at least 30 minutes of moderate exercise five times a week.
Manage stress: Implement relaxation techniques, such as meditation or deep breathing, to cope with stress more effectively.
Improve sleep quality: Aim for 7-8 hours of quality sleep each night.
Enhance work-life balance: Set boundaries and allocate time for hobbies and personal interests.

Action Steps

1. Schedule a follow-up appointment with a registered dietitian to create a personalized meal plan.
2. Join a local gym or fitness class and develop an exercise routine.
3. Practice mindfulness exercises for stress management.
4. Establish a bedtime routine to improve sleep hygiene.
5. Set aside specific hours for work and personal time, and avoid over-committing.

Coaching structure

The coaching sessions will take place every two weeks, allowing enough time for John to implement action steps and make progress. Each session will last for one hour and will be conducted either in-person or through video conferencing.

Resources

Nutritional guide and meal planning templates
Exercise video tutorials and workout plans
Stress management techniques and relaxation audios
Sleep hygiene tips and strategies
Work-life balance assessment tools

Health Coaching Session Forms

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