

CLIENT INTAKE QUESTIONNAIRES



THE COACHING MASTERS

CLIENT INTAKE QUESTIONNAIRES

General

Subject: Welcome! Let's Get to Know You 

Hi [First Name],

Before we begin our coaching journey, I'd love to learn more about you so we can tailor our sessions to your unique needs and goals.

Please take a few minutes to complete this intake questionnaire: [\[Link to Form\]](#)

Client Intake Questions:

What is your full name and preferred contact information?

What are your top 3 goals for coaching?

What challenges or obstacles have you been facing in achieving these goals?

Have you worked with a coach before? If so, what was your experience like?

What specific areas of life or business would you like to focus on?

What does success look like for you in this coaching journey?

Are there any limiting beliefs or fears you feel are holding you back?

What strategies have you tried in the past to address these challenges?

How committed are you to making a change on a scale of 1-10?

Is there anything else I should know to best support you?

Your responses will help me create a coaching plan that aligns with your vision.

If you have any questions, feel free to reply to this email!

Excited to start this journey with you!

[Your Name]

[Your Website / Contact Information]

CLIENT INTAKE QUESTIONNAIRES

Health

Subject: Welcome! Let's Get to Know You 

Hi [First Name],

Before we begin our coaching journey, I'd love to learn more about you so we can tailor our sessions to your unique needs and goals.

Please take a few minutes to complete this intake questionnaire: [\[Link to Form\]](#)

Health Coaching Intake Questions:

What are your top health and wellness goals?

What challenges have you faced in maintaining a healthy lifestyle?

Do you have any medical conditions or dietary restrictions I should be aware of?

How would you describe your current fitness level?

What habits or routines do you currently have around exercise, sleep, and nutrition?

Have you worked with a health coach or nutritionist before?

What motivates you to prioritize your health now?

Your responses will help me create a coaching plan that aligns with your vision.

If you have any questions, feel free to reply to this email!

Excited to start this journey with you!

[Your Name]

[Your Website / Contact Information]

CLIENT INTAKE QUESTIONNAIRES

Business

Subject: Welcome! Let's Get to Know You 

Hi [First Name],

Before we begin our coaching journey, I'd love to learn more about you so we can tailor our sessions to your unique needs and goals.

Please take a few minutes to complete this intake questionnaire: [\[Link to Form\]](#)

Business Coaching Intake Questions:

What are your top business goals for the next 6-12 months?

What challenges are currently holding you back in your business or career?

Are you an entrepreneur, business owner, or professional seeking career growth?

What strategies have you tried in the past to overcome obstacles?

What skills or areas of expertise do you feel need the most development?

What does success look like for you in your business or career?

Are you currently working with any mentors or business advisors?

Your responses will help me create a coaching plan that aligns with your vision.

If you have any questions, feel free to reply to this email!

Excited to start this journey with you!

[Your Name]

[Your Website / Contact Information]

CLIENT INTAKE QUESTIONNAIRES

Romantic Relationships

Subject: Welcome! Let's Get to Know You 

Hi [First Name],

Before we begin our coaching journey, I'd love to learn more about you so we can tailor our sessions to your unique needs and goals.

Please take a few minutes to complete this intake questionnaire: [Link to Form]

Romantic Relationship Coaching Intake Questions:

What are your biggest relationship goals right now?

Are you currently in a relationship, or are you seeking one?

What challenges have you faced in your past relationships?

How would you describe your communication style in relationships?

What patterns do you notice in your relationships that you'd like to change?

What qualities do you value most in a partner?

What does a healthy, fulfilling relationship look like to you?

Your responses will help me create a coaching plan that aligns with your vision.

If you have any questions, feel free to reply to this email!

Excited to start this journey with you!

[Your Name]

[Your Website / Contact Information]