Health Coaching

Get started today!

Health Coaching is an opportunity to plan, grow and evolve in an effort to reach goals you’ve set or want to set for yourself. Our coaching program is telephonic and allows you to set aside time as it fits into your schedule to speak with someone who is outside of your network and interested in helping you find your best self.

We hope you’ll enjoy YOUR experience as you work toward wellness!

Today’s Date: ___________________

What are your priorities?
Choose from the list to the right. If you want, you can use different colors or symbols to indicate which may be a priority for you personally vs. professionally.

What are 3 topics you could discuss with a Health Coach – consider your goals related to nutrition, reducing stress or movement, for example:

Topic 1:

Topic 2:

Topic 3:

What are 3 things you think you could stop doing today to help you be successful?

Drop It Habit 1:

Drop It Habit 2:

Drop It Habit 3:


Be Well UC