

# INTRODUCTION ENCOUNTER

|                |   |   |  |
|----------------|---|---|--|
| Team           | Name:   | Coach:  | <input type="checkbox"/> <i>Next Encounter:</i>  |
|                | Date:   | Coaching Plan: <input type="checkbox"/> P               | <input type="checkbox"/> <i>Daily Review Time:</i>   |
|                | Accountability Partner(s):  | method:   | <input type="checkbox"/> <i>Weekly Review:</i>   |
|                | frequency:  | Other:  |  |
|                | Accountability Plan:  | Progress Reporting Method: Journal   Worksheet   Other: |  |
|                | method:   |   |  |
|                | when:   |   |  |
| Starting Point | Strengths   |   | Challenges   |
|                |   |   |  |
| Destination    | <input type="checkbox"/> Vision   |   | <input type="checkbox"/> Why   |
|                |   |   |  |
| GOALS          | Top Desires   |   | Top Intentions   |
|                |   |   |  |
| PLAN           | <input type="checkbox"/> Commit to progress and to pursuing a healthier life<br><input type="checkbox"/> Commit to a Coaching Plan<br><input type="checkbox"/> Commit to an Accountability Plan<br><input type="checkbox"/> Determine your Progress Reporting Method<br><input type="checkbox"/> Review progress daily and weekly |   | <input type="checkbox"/> Write out your Personal Vision of Health<br><input type="checkbox"/> Write our your Why<br><input type="checkbox"/> Complete a 12 Week Action Plan<br><input type="checkbox"/> Envision Success |