



Providence Health Coaching Your contract for success

Give this to your doctor, health coach or support person and come back to your contract when you feel especially challenged.

I hereby pledge to institute the strategies outlined in this contract to increase the likelihood of meeting my goal(s).

Our Coaches support:

- Weight management
- Smoking cessation
- Physical activity
- Nutrition
- Stress management
- Diabetes prevention

My wellness vision:

My long-term goals:

What strengths will I use to reach my goals?

My three-month goals:

What are my current barriers?

My motivators/values:

What steps will I take to overcome my barriers?

My confidence level that I will reach my goal is (10 being very confident):

1 2 3 4 5 6 7 8 9 10