

**WELLNESS COACHING ATTENDANCE LOG**

Name: \_\_\_\_\_ Facility: \_\_\_\_\_

Instructions: Use the table below to track your **wellness coaching, nutrition counseling, or disease management** sessions during the current 6-month period. You will earn credit for attending at least 3 sessions over the next 6 months. Be sure to include the date of the session, the name of your coach, the type of session, and the length of the session.

You will earn 25 points for completing this activity.

	<b>Date</b>	<b>Name of Coach</b>	<b>Session Type</b>	<b>Session Length</b>
<b>1</b>				
<b>2</b>				
<b>3</b>				