

## WELLNESS COACHING ATTENDANCE LOG

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

Instructions: Use the table below to track your **wellness coaching**, **nutrition counseling**, or **disease management** during the current 6-month period. You will earn credit for this activity by 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 maximum 25 points for completing this activity.

	Date	Name of Coach	Session Type	Session Length
1				
2				
3				
4				
5				
6				
7				
8				
9				