

Wellness Coaching Attendance Log

You will receive 25 points for completing this activity

Name: _____ Facility: _____

You will earn credit for this activity by attending at least 3 appointments over the next 6 months.

Instructions: Please fill out the form below to receive credit. Use the table below to track your wellness coaching, nutrition counseling, or disease management sessions during the current 6-month period. Be sure to include the date of the session, the name of your coach, the type of session, and the length of the session.

***Receive an extra 5 points for a 2-3 sentence reflection of how these sessions have helped you in your health journey (write in below the table or back of page).

Date	Name of Coach	Session Type	Session Length
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____