

Coaching Plan

Name Albert Chi	Date 3/3/2019
Duration: 3 months	
Coach: Janelle Martinez	
Program objectives:	
1. Improve physical fitness and overall health	
2. Enhance time management skills and productivity	
3. Develop effective communication and leadership skills	
Client overview Albert Chi is a 35-year-old professional working in the finance industry. He leads a sedentary lifestyle due to long working hours and has been experiencing stress-related health issues. Albert is motivated to make positive changes in his life and achieve a better work-life balance.	
Current challenges and opportunities Albert struggles with maintaining a consistent exercise routine, managing his time efficiently, and expressing himself confidently in professional settings. However, he has a strong desire to improve his well-being and advance his career opportunities.	
Goal setting and action planning	
Goal 1: Improve Physical Fitness and Overall Health Action	
Action steps: <ul style="list-style-type: none">• Schedule three 30-minute workout sessions per week.• Incorporate a balanced and nutritious diet.• Track progress using a fitness app and consult with a nutritionist.	

Example Written Coaching Plan

JL Elias



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