

# Session Feedback Form

Complete this form to indicate your opinion of the coaching sessions so far.

**Session Date:**

**Coach Name:**

On a scale of 1-10 how would you rate your session(s)?

1	2	3	4	5	6	7	8	9	10
Not at all helpful			Somewhat Helpful				Extremely Helpful		

Rate each of the components of your sessions with your coach on a scale of 1 to 5 with 1 - Extremely Poor, 2 - Poor, 3 - Moderate, 4 - Strong and 5 - Extremely Strong:

Session Components	Extremely Poor	Poor	Moderate	Strong	Extremely Strong	Notes
	1	2	3	4	5	
Rapport between you and the coach						
Coach's understanding of your motivations and goals						
Structure of sessions						

Session Components	Extremely Poor	Poor	Moderate	Strong	Extremely Strong	Notes
Ability to discuss your needs for continued progression						
Time management during your sessions						
Efficacy of activities						
Goal-setting Processes utilized by your Coach						
Communication between sessions						

Is there anything else you would like to add about your time with your coach? Please feel free to comment below: