



AGENCY OR SITE	CHART#	eCaST ID
LAST NAME	FIRST NAME	DATE OF BIRTH

HEALTH COACH INSTRUCTIONS: Please fill in each part below.

Patient Information

Health Coaching

Priority Area Identified (circle all that apply)

- Nutrition
- Physical Activity
- Smoking Cessation
- Medication Adherence

Coach's Name: _____ Date: ___/___/___

Main Phone Number..... ____-____-____

Alternate Phone Number... ____-____-____

Best Time to Contact..... _____

Number of Sessions Commitment ... 3 to 8

Community Resources Offered

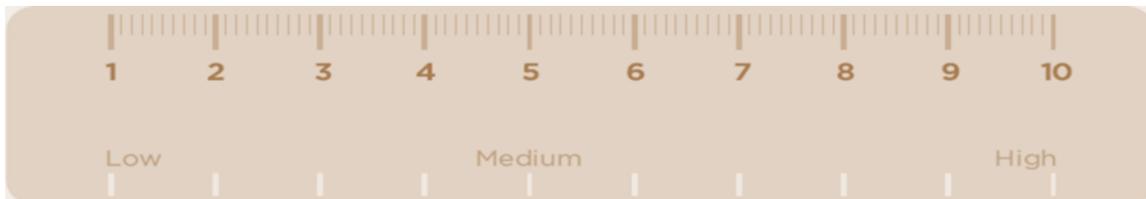
- Colorado QuitLine
- Weight Watchers
- Other _____

Patient SMART Goals

Client Readiness to Change

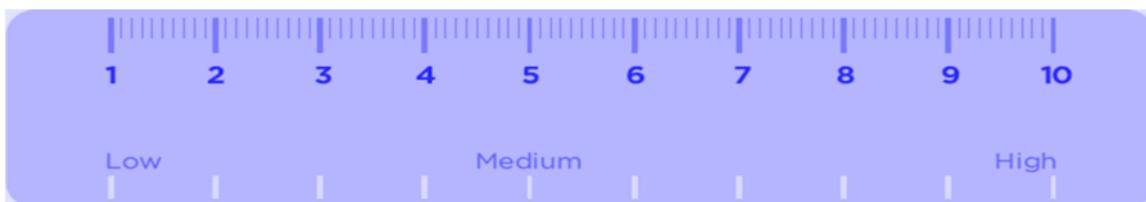
Use ruler below to explore patient commitment to change

0 = not committed to change
 5 = somewhat committed to change
 10 = completely committed to change



Use ruler below to explore patient confidence in their ability to change

0 = not confident at all
 5 = somewhat confident
 10 = completely confident



HEALTH COACHING ENCOUNTER FORM (optional)



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HEALTH COACH INSTRUCTIONS: Please fill in each part below.

Session Information

Session 1	Session 2	Session 3	Session 4
<p>Patient Readiness to Change 1 2 3 4 5 6 7 8 9 10</p> <p>Patient Confidence 1 2 3 4 5 6 7 8 9 10</p> <p>Barriers Patient Identified _____ _____ _____</p> <p>Stage of Change* by Session</p> <p>PC C P A M</p> <p>Notes/Comments _____ _____ _____</p>	<p>Patient Readiness to Change 1 2 3 4 5 6 7 8 9 10</p> <p>Patient Confidence 1 2 3 4 5 6 7 8 9 10</p> <p>Barriers Patient Identified _____ _____ _____</p> <p>Stage of Change* by Session</p> <p>PC C P A M</p> <p>Notes/Comments _____ _____ _____</p>	<p>Patient Readiness to Change 1 2 3 4 5 6 7 8 9 10</p> <p>Patient Confidence 1 2 3 4 5 6 7 8 9 10</p> <p>Barriers Patient Identified _____ _____ _____</p> <p>Stage of Change* by Session</p> <p>PC C P A M</p> <p>Notes/Comments _____ _____ _____</p>	<p>Patient Readiness to Change 1 2 3 4 5 6 7 8 9 10</p> <p>Patient Confidence 1 2 3 4 5 6 7 8 9 10</p> <p>Barriers Patient Identified _____ _____ _____</p> <p>Stage of Change* by Session</p> <p>PC C P A M</p> <p>Notes/Comments _____ _____ _____</p>
<p style="text-align: center;">Session 5</p> <p>Patient Readiness to Change 1 2 3 4 5 6 7 8 9 10</p> <p>Patient Confidence 1 2 3 4 5 6 7 8 9 10</p> <p>Barriers Patient Identified _____ _____ _____</p> <p>Stage of Change* by Session</p> <p>PC C P A M</p> <p>Notes/Comments _____ _____ _____</p>	<p style="text-align: center;">Session 6</p> <p>Patient Readiness to Change 1 2 3 4 5 6 7 8 9 10</p> <p>Patient Confidence 1 2 3 4 5 6 7 8 9 10</p> <p>Barriers Patient Identified _____ _____ _____</p> <p>Stage of Change* by Session</p> <p>PC C P A M</p> <p>Notes/Comments _____ _____ _____</p>	<p style="text-align: center;">Session 7</p> <p>Patient Readiness to Change 1 2 3 4 5 6 7 8 9 10</p> <p>Patient Confidence 1 2 3 4 5 6 7 8 9 10</p> <p>Barriers Patient Identified _____ _____ _____</p> <p>Stage of Change* by Session</p> <p>PC C P A M</p> <p>Notes/Comments _____ _____ _____</p>	<p style="text-align: center;">Session 8</p> <p>Patient Readiness to Change 1 2 3 4 5 6 7 8 9 10</p> <p>Patient Confidence 1 2 3 4 5 6 7 8 9 10</p> <p>Barriers Patient Identified _____ _____ _____</p> <p>Stage of Change* by Session</p> <p>PC C P A M</p> <p>Notes/Comments _____ _____ _____</p>

**Stage of Change by Session
(PC = Precontemplation; C = Contemplation; P = Preparation; A = Action; M = Maintenance)*