

# INTAKE FORM

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

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Sport/Performance: \_\_\_\_\_

Position (if applicable): \_\_\_\_\_

## WHAT BRINGS YOU IN?

What made you interested in working with a mental performance coach?

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What would you most like help with? *(Check all that apply.)*

- ☐ Confidence
- ☐ Performance anxiety / nerves
- ☐ Focus
- ☐ Motivation
- ☐ Handling pressure
- ☐ Recovering from mistakes
- ☐ Goal setting
- ☐ Mental preparation
- ☐ Other: \_\_\_\_\_

## ANYTHING ELSE?

Is there anything else you would like me to know before we meet?

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