

# Becoming Better

## Habit Coaching Client Intake Form

Name \_\_\_\_\_

Phone # \_\_\_\_\_

### Package Details

16 sessions over 28 weeks, plus unlimited text and email support between sessions.

### **Cost**

\$1499 after free consult, paid in advance of the first session. Payment options are Zelle or PayPal (to loper.chris@gmail.com) or check (made out to Chris Loper, mailing address provided upon request).

### **Schedule of Sessions**

We will attempt to stick with the following schedule, but we can adjust it if you need to.

- |                |                |
|----------------|----------------|
| 1. Session     | 15. No Session |
| 2. Session     | 16. Session    |
| 3. Session     | 17. No Session |
| 4. Session     | 18. No Session |
| 5. Session     | 19. Session    |
| 6. Session     | 20. No Session |
| 7. Session     | 21. No Session |
| 8. Session     | 22. Session    |
| 9. No Session  | 23. No Session |
| 10. Session    | 24. No Session |
| 11. No Session | 25. Session    |
| 12. Session    | 26. No Session |
| 13. No Session | 27. No Session |
| 14. Session    | 28. Session    |

### **Session Details**

Sessions will be conducted over Zoom or by phone.

Sessions are 30-40 minutes long. I'll always budget 40 minutes for us, but near the end of the program you might only want a shorter check-in.

If you are late to a session, I may not be able to provide the full time.

If you need to reschedule a session, options will be limited, and you will have to choose from the times I have available. I will do my best to accommodate your needs, but I cannot guarantee you'll get the time you want. Please try to provide 24 hours' notice to cancel or reschedule a session. The more time you provide, the more likely we can find an alternative time that works.

If an unforeseen obstacle arises that prevents us from meeting, the program may be extended to accommodate.

### **Text and Email Between Sessions**

You are entitled to unlimited text and email support between sessions. I will do my best to reply as quickly as possible, but immediate replies cannot be guaranteed.

I may do follow-ups and check-ins with you via text or email between sessions when it makes sense to do so.

I may send articles, videos, and other media via email between sessions when it makes sense to do so.

### **Privacy Policy**

Becoming Better will not share your personal information or contact information with anyone without your consent except as required by law.

### **Limitation of Services and Release of Liability**

Becoming Better does not provide medical advice or mental health services. Services provided by Becoming Better are not a substitute for the professional help of a doctor, a therapist, a psychiatrist, or any other medical or mental health professional. Please do not make changes to your diet, exercise, supplements, or medications without consulting your doctor. Any changes you do make to your lifestyle or your business are done at your own risk. No outcomes are guaranteed.

**Your signature below indicates that you understand and agree to everything written above.**

Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

“Becoming Better” is licensed as Chris Loper Coaching by the City of Issaquah and Washington State.