

**Monty Winters, Coach**  
Coaching Call Preparation Form  
Please E-mail 24 hours prior to Coaching Call  
[coachmonty@gmail.com](mailto:coachmonty@gmail.com)

Name: \_\_\_\_\_ Call Date/Time: \_\_\_\_\_ Next Call: \_\_\_\_\_

What I have accomplished since our last call (Wins/Successes):

\*  
\*  
\*

What I wanted to complete, but did not:

\*  
\*  
\*

The challenges/problems I am facing now:

\*  
\*  
\*

The opportunities which are available to me right now:

\*  
\*  
\*

Monty, what I want to focus on during this coaching session is:

\*  
\*  
\*

What I am committed to do by the next call (to be decided during coaching session):

\*  
\*  
\*

Please file this in your Coaching Folder.