

# Mental Health Coaching Progress Log

Client Name

Coach Name

Date

Session Number

Session Focus/Topics Discussed

Client's Reported Mood/Status

Progress Since Last Session

Goals (Short-term/Long-term)

Obstacles or Challenges

Action Items / Homework Assigned

Notes & Observations

| Date | Session # | Focus / Topics | Progress | Action Items |
|------|-----------|----------------|----------|--------------|
|      |           |                |          |              |