



Your First 30 Days of Coaching

A roadmap for starting your wellness journey with confidence

Welcome to Footprints Care Coaching! Whether you're working on movement, nutrition, sleep, stress, or simply feeling more like yourself again, this guide will walk you through your first 30 days so you know exactly what to expect.

What Is Care Coaching?

Care coaching is a supportive, judgment-free partnership. Your coach doesn't hand you a one-size-fits-all plan — together, you'll explore what wellness means to *you* and build small, sustainable steps toward it.

What to Expect From Your Journey

- **One-on-one sessions** tailored to your goals, schedule, and pace.
- **A judgment-free space** to talk openly about what's working and what isn't.
- **Personalized tools** — worksheets, trackers, and check-ins between sessions.
- **Ongoing support**, not a one-time fix. Wellness is a path, not a destination.

How to Prepare for Your First Session

- Grab a notebook or journal to track your thoughts along the way.
- Spend a few minutes thinking about what "feeling well" looks like for you.
- Jot down 2-3 habits you already have that you're proud of.
- Come with curiosity, not pressure to have all the answers yet.

Your First 30 Days Roadmap

1. **Week 1 — Get Oriented:** Meet your coach, share your story, and set the tone for your partnership.
2. **Week 2 — Find Your Why:** Identify the deeper reasons wellness matters to you right now.
3. **Week 3 — Choose Your Focus:** Pick 1-2 starting goals so you're not stretched thin.
4. **Week 4 — Build Your First Habit:** Take one small, repeatable action and celebrate the win.

COACH'S TIP

Progress isn't about doing everything perfectly — it's about showing up consistently, even in small ways.

MY STARTING POINT

What does wellness mean to me right now?

Three things going well in my life right now:

One area I'd like extra support with:

My intention for these first 30 days:
