**SOAP NOTES**

**Subjective**

* This section is dedicated to the qualitative information you gather from the client’s point of view.
* It is 1-2 sentences in quotation marks reflecting a statement the client made.
* Subjective data may include their perception of progress, issues they continue to struggle with, gains they feel good about, and any goals they have for future sessions.
* Opening up the session by asking how things are going can yield a rich amount of subjective data.
* Please put in the S call #/total (1/4)
* Examples:
  + “I slept 6 hours in a row recently and I haven't slept that many consecutive hours in years.”
  + “I've been doing intermittent fasting now for about two weeks. After the holidays I felt I needed it. It's amazing how much I trim so fast.”
  + ” I'm looking forward to doing my miles and at night I walk hills. That helps me a lot, I can really feel it in my bones.”

**Objective**

* Write the things you talked about, what they are currently doing and client’s demeanor on the call.
* Document all the things you want to remember about the client for the next call.
* Examples:
  + Met with dietitian on Thursday - 4 days ago. She gave her a list of foods she could eat.
  + She has an app that calculates food and macros.
  + Still feeling anxiety and stress from work.
  + New manager isn't communicating well.

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**Assessment**

* Your personal opinion or feeling about the person’s motivation.
* Stages of change documented.
* Example:
  + Client is in Contemplation for snacks, circle back to cutting down own milkshakes…Circle back next call.
  + She seems to be doing well. She stays pretty consistent in the way she cares for herself.
  + She currently is concerned for her son as he is not feeling well in basketball, and she says she feels his stress.
  + She did mention that exercise consistency seems to help her sleep better.
  + In my assessment, she doesn't think this is a problem but mostly something she just accepts as what someone in night shifts struggles with.
  + I did try to talk with her about upcoming barriers like a schedule change and job change.

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For the *Goal Category* DropDown box, coach should mark the PRIMARY goal of the client FIRST. Coach is allowed to choose more than one category per client; just ensure the primary goal of the client is chosen first, as this affects reporting.

**Plan**

* SMART goals
* What will be the goal for the next session?
  + Did the session reveal a need for any other goals to be talked about in future sessions?
  + Are there any challenges relating to the goals?
* Examples:
  + Always have on hand the types of foods you like. Grocery shop with that in mind.
  + Stay the course of replacing white rice with quinoa.
  + Aim to drink 80 ounces of water a day.
  + Continue working out 4 days a week for 30-45 minutes after work.

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