

# Session Recap Form

Review!

Fax 866.821.9386 or email to [bonny@bonnyking-taylor.com](mailto:bonny@bonnyking-taylor.com) within 24 hours after our coaching call.

Name \_\_\_\_\_

Call Date \_\_\_\_\_ Next Call Time/Date \_\_\_\_\_

My greatest insight/how I evolved during our call:

Commitments I'm making to myself and Systems, Habits, or Programs I'm working:

Things I'm still thinking about that we didn't discuss:

Hold me accountable on:

Bonny, you committed to:

The thing you said or asked during our call that impacted me most and/or what worked well for me:

What I'd like you to do differently/more/less:



**Use this form  
to help me to  
help you best  
and to keep a  
record of your  
work.**

**Let's make  
good choices  
together!**

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