**Breakout Exercise # 3**

**Please spend some time answering the following questions related to the following articles:**

1. The effects of health coaching on adult patients with chronic diseases: A Systematic Review (table 3 and the abstract)
2. Evaluating the effects of a diabetes health coach in individual with Type 2 diabetes (table 3 and the abstract)

**Questions:**

1. Who provided and who received the health coaching interventions?

1. What components did the health coaching intervention include?
2. Are there common themes between the studies?