**Concept Application Worksheet: Developing Your Coaching Model (Intervention)**

Coaching is a complex intervention and it is essential to understand the components to understand how these will influence the impact on health or other outcomes.

A. What are the main components of your coaching model?

B. Who will deliver coaching? Will the coach be trained in Motivational Interviewing?

C. Where will the coaching be delivered?

D. How and when will coaching be delivered?

E. Who is the population that will be targeted for coaching?

F. What is the dose? Any flexibility?