

Synopsis

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## Synopsis

Name of PBC	Starting Issue	Concluding Issue	Next Steps	Accomplishments
John Rogers	Weigh Loss	Continued weight loss	More exercise, better eating habits	Some weight loss and healthier habits adopted. More confidence in ministry

During the coaching sessions with John his goal was to become healthier, so he can ensure longevity in ministry and with his family. One of the goals was for him to purposefully make time for exercise. These intentions must be documented and held to a schedule. We found that if it is in writing or place on a reminder schedule he found the time to make sure it happened. Just as he scheduled time to study and pray he found time to get his physical activities in. This did not necessarily mean he had to visit a gym, but he would park further in the parking when shopping to ensure he found away to get it in. The one thing that didn't work was trying to eat while on the move in everyday life and ministry. Selecting a place each day that had an array of healthy choices was quite a challenge and most of the time it became an epic fail. Again, intentionality is what I emphasized when it came to this challenge. My coaching style of making him accountable by insisting that everything is scheduled and set on some sort of a reminder help tremendously. I think I was successful in this endeavor and it also motivated me to check my health goals and strive to change them, so I can continue to be effective in ministry.

