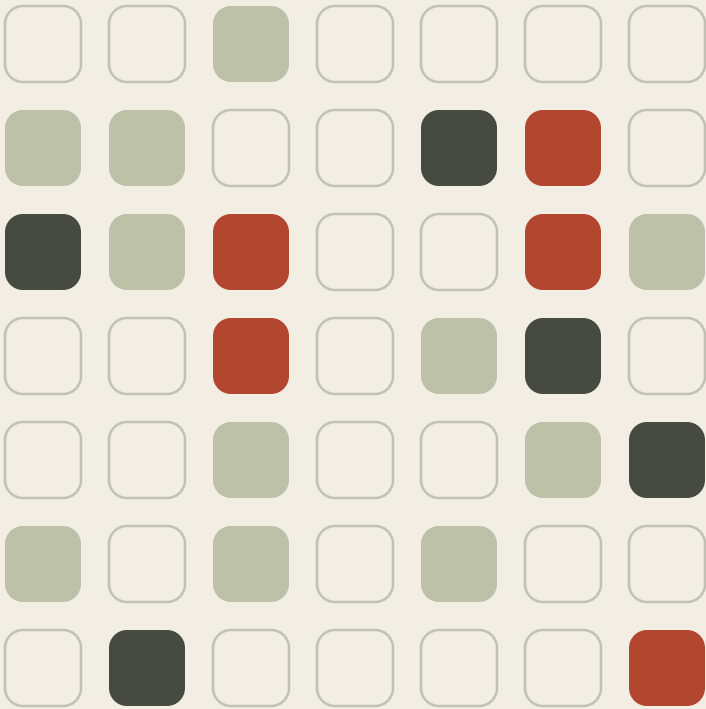




FREE PRINTABLE · FILLABLE SOAP NOTE

Free SOAP *Note*

A fillable SOAP note with prompts in every section, plus 12 phrase starters for interventions and client responses.

- Fillable SOAP note with prompts
- Preview of the full suite
- 12 phrase starters

4

PAGES · PRINT + FILLABLE

Template Fillable SOAP	Prompts In every box	Phrases 12 starters	Free Print and share
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FOR LICENSED CLINICIANS & SUPERVISED ASSOCIATES

CREATED BY MASON ANGLIN, PSYD, LMFT, MBA

SOAP note

Subjective, Objective, Assessment, Plan.

CLIENT ID	DATE	START TO END	SERVICE	FORMAT										
<table> <thead> <tr> <th>SECTION</th> <th>NOTE</th> </tr> </thead> <tbody> <tr> <td> S Subjective Client's report in their words: concerns, mood, progress since last visit, homework, stressors. Brief quotes help. </td> <td></td> </tr> <tr> <td> O Objective What you observed: appearance, affect, behavior, engagement. Scores from any measures you gave. </td> <td></td> </tr> <tr> <td> A Assessment Your clinical read: progress toward goals, what changed, risk status, why care is still needed. </td> <td></td> </tr> <tr> <td> P Plan Next steps: interventions planned, homework, referrals, coordination, next session date. </td> <td></td> </tr> </tbody> </table>					SECTION	NOTE	S Subjective Client's report in their words: concerns, mood, progress since last visit, homework, stressors. Brief quotes help.		O Objective What you observed: appearance, affect, behavior, engagement. Scores from any measures you gave.		A Assessment Your clinical read: progress toward goals, what changed, risk status, why care is still needed.		P Plan Next steps: interventions planned, homework, referrals, coordination, next session date.	
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Clinician signature, credentials

Date signed

Supervisor (if required)

12 phrase starters

Adapt these to what really happened. Fill every blank with specifics.

What I did (Plan, Objective)

- Taught and practiced ___ in session
- Reviewed homework and problem-solved barriers
- Used Socratic questioning to examine ___
- Role-played ___ to build confidence
- Reviewed and updated safety plan
- Assigned between-session practice: ___

How the client responded

- Client demonstrated ___ accurately in session
- Client reported distress decreased from ___ to ___
- Client identified two triggers and one coping step
- Client did not complete homework; barrier was ___
- Client agreed to try ___ before next session
- Client reported progress toward goal ___

Make it specific. "Discussed coping" is vague. "Taught paced breathing, client practiced three rounds, reported tension dropped from 7 to 4" tells the story.

Template only. Store completed notes in your secure record system and follow your state, payer, and agency rules.

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Clear *Notes*

Ten note templates with prompts, two phrase banks, and an audit checklist.
Faster notes that still tell the story of care.

In the full set

- SOAP note
- DAP note
- BIRP note
- GIRP note
- First session note
- Risk and crisis contact note
- Missed session note
- Collateral contact note
- Group note
- Phrase bank: interventions and responses
- Phrase bank: mental status words
- Note audit checklist
- Which format when?

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A peek inside

CLEAR NOTES · PROGRESS NOTE
DAP note
Data, Assessment, Plan.

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CLEAR NOTES · SPECIAL NOTE
Risk and crisis contact note
For any contact where safety was a focus. Follow your clinic's risk protocol and any required consultation.

CLIENT ID	DATE	START TO END	SERVICE	FORMAT												
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CLEAR NOTES · PHRASE BANK
Interventions and client responses
Starters to adapt. Always fill the blanks with what really happened in session.

What I did • Provided psychoeducation on ____ • Taught and practiced ____ in session • Reviewed homework and problem-solved barriers • Used Socratic questioning to examine ____ • Role-played ____ to build confidence • Validated client's experience of ____ • Explored patterns linking ____ and ____ • Collaboratively updated treatment goals • Reviewed and updated safety plan • Assigned between-session practice ____ • Used motivational interviewing to explore change • Coached a graded step toward ____ • Processed recent events ____ • Reinforced use of coping skill ____	How the client responded • Client engaged actively and asked questions • Client overestimated ____ accuracy in session • Client identified two triggers and one coping step • Client reported distress decreased from ____ to ____ • Client was initially guarded, then more open • Client completed homework and reported ____ • Client did not complete homework; barrier was ____ • Client agreed to try ____ before next session • Client expressed ambivalence about ____ • Client was able to name the feeling ____ • Client owned current thoughts of harm to self or others • Client reported progress toward goal ____
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Make it specific. "Discussed coping" is vague. "Taught paced breathing, client practiced three rounds, reported tension dropped from 7 to 4" tells the story.

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