



Monday, April 8, 2024

New Client Form

Full Name Tommy Tran

What is your gender?

Contact Number 0433 356 570

Email Address Linhlinh2706@gmail.com

Address 8 Balboa Promenade , Brabham
Perth, WA, 6055

Occupation student

Relationship Status

Are you pregnant?

Emergency Contact & Number 0433 356 570

Are you currently receiving any other therapies or medical treatment?

Please list them.

Steroid ointments for Eczema

Physical Profile

Have you had any major surgeries / accidents?

Are you currently taking any medication?

Please list them.

Steroids creams for Eczema

Are you in any physical pain?

Please list where the pain is, when and how it started and the rating out of 10 (1 = minimal pain - 10 = worst pain)

Itching on legs and ankles mainly from Eczema

Do any activities aggravate your pain more?

sweating or showers that dry out his skin

Have you seen a Doctor or other practitioner for this condition?

yes

Check the conditions that apply to you:

Asthma

Do you have any medication allergies?

Not Sure

How often do you consume alcohol?

Never

How often do you smoke?

Never

Do you use any kind of illegal drugs or have you ever used them?

No

Nutrition Profile

Are you taking any Vitamins or Supplements?

No

How is your diet? Are you allergic to any foods or drinks? If so, what and what happens?

Allergic to egg, may vomit
Have sesonal hayfever

How much water do you drink per day? in Litres

3lt or more

How often do you exercise and how do you exercise?

play basketball 4-5times a week about and hour each time.

Sleep & Energy Levels

How many hours sleep do you average per night?

9-10 hours

Do you wake during the night?

Sometimes

Do you have difficulty falling asleep or staying asleep? If yes, please explain further

sometimes, because it takes a while for his brain to wind down and he is a hot sleeper so is sometimes irritable.

How would you rate your stress levels in relation to work? 3 / 10

How would you rate your stress levels in relation to home / living situation? 2 / 10

How would you rate your stress levels in relation to personal relationships? 1 / 10

How would you rate your energy levels? 6 / 10

Health Goals

What are you wanting to work on / achieve with your sessions with Aligned with Grace and how will you know when you've achieved them?

Help his skin with flare ups.

Why is this important to you?

Because it will improve his concentration and wouldn't be distracted by itchiness and irritation and help him sleep

Accepted

Signature

