



Thursday, February 29, 2024

## New Client Form

**Full Name** Linh Vo

**What is your gender?**

**Contact Number** 0433 356 570

**Email Address** Linhlinh2706@gmail.com

**Address** 8 Balboa Promenade , Brabham  
Perth, WA, 6055

**Occupation** Self employed

**Relationship Status**

**Number of Children** 3

**Emergency Contact & Number** Kevin, 0433618570

**Are you currently receiving any other therapies or medical treatment?**

## Physical Profile

**Have you had any major surgeries / accidents?**

**Are you currently taking any medication?**

**Are you in any physical pain?**

**Check the conditions that apply to you:**

**Do you have any medication allergies?**

**How often do you consume alcohol?**

**How often do you smoke?**

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 fish, just vomit if consumed  
allergic to touching raw carrots or meat, hand itch uncontrollably

How much water do you drink per day? in Litres

1lt if I am good

How often do you exercise and how do you exercise?

not often at all

## Sleep & Energy Levels

How many hours sleep do you average per night?

6

Do you wake during the night?

No

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

6 / 10

How would you rate your stress levels in relation to finances?

5 / 10

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

4 / 10

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

5 / 10

How would you rate your energy levels?

5 / 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?

In the past year I have really made an effort to better myself mentally, saying yes to new experiences that may have a positive effect on my life going forward.

Why is this important to you?

Doing things for myself now is important as it is a priority that I never made for myself, I need to show my kids that they should be a priority to themselves and the only option is to show them by setting that example.

**What is stopping you from achieving this goal?**

I am still navigating my way through finding myself and I guess it is just a matter of taking more opportunities and trusting myself in situations that I avoided before.

Accepted

**Signature**

A handwritten signature in black ink, appearing to be 'J. Smith' or similar, written in a cursive style.