



## New Client Form

**Full Name** Salomia Terebent

**Date of Birth** 250297

**What is your gender?**

**Contact Number** 0414 358 196

**Email Address** salomia.terebent@gmail.com

**Address** 42 Warrandyte drive Craigie  
Perth , Wa, 6025

**Occupation** Chiropractor

**Relationship Status**

**Are you pregnant?**

**Number of Children** 2

**Emergency Contact & Number** 9412862549

**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?**

**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?

Yes

Please list them

Elevit  
Calcium  
Vit d  
Iodine liquid

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

Good diet  
No allergies

How much water do you drink per day? in Litres

2-3L

How often do you exercise and how do you exercise?

Daily walks

## Sleep & Energy Levels

How many hours sleep do you average per night?

6-7

Do you wake during the night?

Yes

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

Pregnancy insomnia. Up at 3am only fall back asleep at 6am

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

5 / 10

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

4 / 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?

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?**

Better sleep, less stress about things out of my control (OCD about some stuff, mess etc)

**Why is this important to you?**

To be a better mum

Accepted

**Signature**

A handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke extending to the right.