



New Client Form

Full Name Talei Costello

Date of Birth 07031998

What is your gender?

Contact Number 0435 600 824

Email Address taleijade@bigpond.com

Address 10A Seaflower Cr
Craigie, WA, 6025

Relationship Status

Are you pregnant?

Number of Children 0

Emergency Contact & Number Kerin Costello - 0412171241

Are you currently receiving any other therapies or medical treatment?

Please list them.

CBT with psychologist

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?

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?

Yes

Please list them

Magnesium
B12
Iron

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

Very well rounded - currently seeing personal trainer
No GI issues anymore

How much water do you drink per day? in Litres 2-3

How often do you exercise and how do you exercise?

5x per week a mixture of running, walking, weight training and yoga.

Sleep & Energy Levels

How many hours sleep do you average per night? 8

Do you wake during the night?

Yes

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

Sometimes I struggle to get to sleep due to overthinking

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

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

How would you rate your stress levels in relation to home / living situation? 1 / 10

How would you rate your stress levels in relation to personal relationships? 7 / 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?

I feel like my energy is so stagnant at the moment and I'm struggling with motivation and just being in a rut.

Why is this important to you?

It makes me feel like I can't move forward with my life while I'm like this.

What is stopping you from achieving this goal?

I think it's my self limiting beliefs and negative self talk I struggle to deal with.

Accepted

Signature

A handwritten signature in black ink, appearing to be 'Fah', written over a horizontal line.