

about me

name:

address:



phone:

email:

my social media names, e.g. facebook, messenger, etc.

gender/pronoun:

ethnicity/iwi:

support person(s):

- I have (tick)
- an ird number
 - a bank account
 - identification, e.g. birth certificate
 - a drivers licence (what type? driving status? add below)



(e.g. learners, restricted, full, not allowed to drive, I would like a licence)

- completed a budgeting course
- a MyMSD account
- I am (tick)
 - enrolled with a doctor (who is your doctor?)
 - enrolled with a dentist (who is your dentist?)
 - (tick) my dental checks are up to date
 - enrolled/engaged with other agencies



(add the agencies above)

what support and information do I need?

my education

I am (tick) still at school, year

no longer at school (complete the following statement)

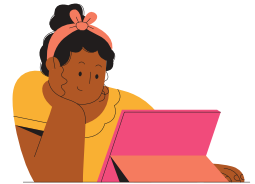


I was years old and in year

when I left. I left because:

- I want to (tick)
- (still in school) stay in school
 - (no longer at school) return to school
 - do something different

- I have (tick)
- NCEA L1
 - NCEA L2
 - NCEA L3
 - Merits



my relationships

family (tick)

- great, awesome
- ok, doing well
- not ok, need help



friends/community (tick)

- great, awesome
- ok, doing well
- not ok, need help



my physical health

physical activities (tick)

- great, awesome
- ok, doing well
- not ok, need help



food/nutrition (tick)

- great, awesome
- ok, doing well
- not ok, need help

sleeping habits (tick)

- great, awesome
- ok, doing well
- not ok, need help

things I need to do

by date

by date

by date

my mind

mental health (tick)

- great, awesome
- ok, doing well
- not ok, need help



emotional health (tick)

- great, awesome
- ok, doing well
- not ok, need help



things my youth coach needs to do

by date

by date

by date

my spirit

church/meditation/nature (tick)

- great, awesome
- ok, doing well
- not ok, need help



spiritual health (tick)

- great, awesome
- ok, doing well
- not ok, need help



NOTES

I am (tick)

- safe
- secure
- living in a safe/secure home
- not ok, need help
- other



SIGN
HERE



young person

date

youth coach

date