

## 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)

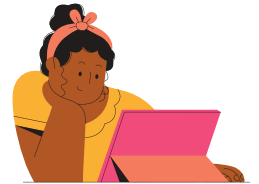


I was  years old and in year

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

## things my youth coach needs to do

by date

by date

by date

NOTES

## 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



## 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



## I am (tick)

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



SIGN  
HERE



young person

date

youth coach

date