

FLO-Q Coaching Client Intake Form

Welcome to FLO-Q Coaching! This form is designed to help us understand your current situation and ensure the program is a good fit for you. Your answers will assist us in creating a tailored experience on your journey toward clarity, insight, and purpose.

Personal Information

- **Name:** _____
- **Email:** _____
- **Phone Number:** _____
- **Date of Birth:** _____

Prerequisites and Screening Questions

To ensure the FLO-Q Coaching program is suitable for you, please answer the following questions:

1. Have you been diagnosed with any mental health conditions?

- Yes
- No

If yes, please specify:

2. _____

3. **Are you currently under the care of a mental health professional?**

- Yes
- No

If yes, please provide details:

4. _____

5. **Have you experienced any of the following in the past 12 months?**

(Check all that apply)

- Suicidal thoughts or attempts
- Substance abuse issues
- Severe anxiety or panic attacks
- Severe depression
- Other mental health concerns:

6. **Are you currently taking any medication for mental health conditions?**

- Yes
- No

If yes, please list:

7. _____

Current Situation

- **Occupation:** -----

- [illegible]

- **What brings you to FLO-Q Coaching?**

-

-

Goals and Expectations

- **What specific goals do you hope to achieve through this program?**

- ---

- **Which areas of your life are you most interested in focusing on?**

(Check all that apply)

- Career

- Relationships
- Health
- Creativity
- Financial Wellbeing
- Other: _____
- _____

Awareness and Patterns

- **Have you identified any recurring patterns or triggers in your life?**
If so, please describe:

- _____

- **What values do you consider most important in your life?**

- ---

Previous Experience

- **Have you engaged in any coaching or personal development programs before?**

- Yes - ☐ No

If yes, please elaborate:

- ---
- ---

Program Investment

- **Are you interested in any specific session options?** (Check all that apply)
 - 1:1 FLO-Q Coaching (\$280 per session)
 - 7-Day In-Person Retreat (\$2,800)
 - Team or On-Site Programs

- Not sure yet

Payment Terms

Payment must be made in full. Accepted payment methods include:

- Zelle
- Remitly
- Wise
- PayPal (+3% processing fee)

Please note: No refunds will be issued.

Additional Information

- **How did you hear about FLO-Q Coaching?**
-

Medical & Wellness Disclaimer

FLO-Q is a wellness and educational practice intended to support self-regulation, relaxation, and personal awareness. It is not a medical treatment, psychotherapy, or substitute for professional medical or mental health care.

The information, audio recordings, courses, live sessions, and other content provided on this website are for educational and informational purposes

only. FLO-Q does not diagnose, treat, cure, or prevent any medical or psychological condition. Individual experiences may vary. Participation in FLO-Q practices is voluntary and undertaken at your own discretion.

If you have, or suspect you may have, a medical condition, mental health condition, or are under the care of a licensed healthcare provider, please consult with a qualified medical professional before beginning any new wellness practice, including FLO-Q. If you experience discomfort, emotional distress, dizziness, or any adverse symptoms during practice, discontinue immediately and seek appropriate professional support. By engaging with this content, you acknowledge that you are responsible for your own health and well-being.

Consent

By signing below, you confirm that the information provided is accurate to the best of your knowledge, and you understand that FLO-Q Coaching is designed for personal and professional development. Participants with ongoing mental health issues are encouraged to consult a qualified professional before enrolling.

- **Signature:** _____
- **Date:** _____

Contact Information

For any questions or clarifications, please contact Jacalyn at:

- **Email:** [Your contact email]
- **Phone:** [Your contact number]

Other:
