



ADHD Coaching Client Profile Form Template

A few questions to get to know you and your preferences.

* Required information

First name *

Last name *

What's your email? *

Nickname (if any):

Phone number:

Preferred method of contact:

☐ Phone call

☐ Text

☐ Email

Relationship Status:

- ☐ Single
- ☐ Long-term relationship
- ☐ Married/Domestic Partnership
- ☐ Divorced
- ☐ Widow/Widower
- ☐ Other
- ☐ Prefer not to answer

Do you have children?

- ☐ Yes
- ☐ No

Is there anything I need to know to better communicate with you? (Pet peeves, things that make you shut down, habits, tendency to interrupt or talk over others)

Your favorite thing right now:

(book, song, artist, movie/tv show, podcast, hobby/activity)

Greatest challenge you've overcome:

What types of things do you do to relax or recharge? How often do you get the chance to do these activities?



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