User Profile

# Details

Name: Kristina Camacho

DOB: 11/10/1988

Age: 36

Weight: 120 lbs

Height: 5’6”

# Day

Goals: Maintain muscle, tone and have more energy

Ailments: Neck and shoulder stiffness, tightness in hip flexors

Daily Activities (work): 8 hours sitting at desk

### Notes/ Goals:

# Night

Sleep schedule: 8 hours 9pm to 6am

Notes/ Goals: decent rest almost through night, sometimes wake to pee

# Food

Dietary Preferences: Kosher, Halal, Organic

Restrictions: Dairy

### Notes/Goals:

# Spirit

Spiritual/Religion: Believe that God is within all that is seen and unseen and we are all connected

## Questionnaire

### How I enjoy connecting with myself:

Meditation, breathwork, yoga, tai chi

### How I connect with my surroundings:

Gardening, repairing, restoring, learning

### What I enjoy providing to others:

Love, guidance, education in health, encouragement

### Groups I feel safe in:

LGBTQ, Craft groups, gamer groups, libraries

### Things that make me feel awe:

Arora borealis, natural wonders, learning, magnificent creations

### Creative ways I express myself:

Through story, education, programming, drawing

### How I handle upsetting situations:

Take deep breaths, meditate, talk it out, ground, reiki, somatic healing

### Notes/ Goals: