



Movement Confidence Guide

Daily Self-Check for Safe Movement, Energy, and Symptom Awareness

Use this quick check before, during, and after movement to help your body stay regulated rather than overwhelmed.

For people experiencing fatigue, balance changes, walking difficulty, or neurological symptoms. This quick check helps you decide whether today is a **move day, modify day, or recovery day.**

Before You Move

Check in with your body before starting movement:

- I slept well enough to function today
- I am not sick, feverish, or fighting an infection
- My fatigue feels manageable today
- I feel steady enough standing and walking
- My mind feels clear enough to focus on movement
- I am not dealing with urgent bowel or bladder symptoms

If two or more feel off today, choose gentler movement or a recovery day.



During Movement

Check in with your body every few minutes while moving.

- My breathing feels controlled and steady
- My balance feels stable
- My legs feel responsive (not dragging or collapsing)
- I can maintain good posture and movement control
- My symptoms feel stable and not suddenly increasing

If symptoms suddenly increase, pause and modify or stop the activity.



After Movement

Check in with your body 30–90 minutes after movement.

- My energy returned close to my baseline level
- Fatigue feels proportional to the activity I did
- My walking feels similar to before the session
- I did not experience a delayed symptom spike
- Emotionally I feel okay about today's movement

Good movement challenges the body without overwhelming the nervous system.



Signals Your Body May Need a Break

Pay attention to these body signals during or after movement.

- Sudden heaviness in the legs
- New or worsening foot drag or foot drop
- Balance suddenly worsening
- Dizziness or vision changes
- Increasing numbness or tingling
- Brain fog or confusion
- Strong fatigue wave

These are signals from your nervous system — not failures. Progress with neurological fatigue comes from pacing, regulation, and consistency, not pushing through symptoms.

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