A FREE SAMPLE

Six Checks for Everyday Movement

This sample has one of the six checks, *Before I Take the Step*, and the pocket card. Print as many copies as you need for your own use.

1. **Notice.** What is the task? How does my body feel right now?
2. **Notice again.** Where is the work going?
3. **Adjust.** What one change would make this easier?
4. **Choose.** Green, yellow, or red.

GREEN I feel steady. I go ahead.

YELLOW Something is changing. I change one thing, then check again.

RED I stop. I choose another way or get help.

These checks are for movement awareness and task planning. They are not medical care. Talk with your doctor before you begin if you have had a recent fall, surgery, or a new diagnosis.

> Stop and get help if you feel chest pain, sudden weakness, or dizziness that does not pass. If it is sudden or severe, call 911.

CHECK 4 OF 6

Before I Take the Step

Environmental attunement

A step is a place where the ground changes.

Curbs, porch steps, bleachers, the edge of an escalator. Each one asks the body to read something new. The height. The depth. The edge. Whether it is wet.

Many missteps begin with a step we did not really see.

Face the step. Use the rail. Breathe out as you rise. If one leg is less reliable today, try a step-to pattern, bringing both feet onto each step. When you do, the old rule can help. Up with the stronger leg. Down with the weaker one.

USE IT FOR Stairs, curbs, porch steps, any change in level.

THE QUESTION TO CARRY

"Can I control my weight and keep breathing as I move?"

THE CHECK IS ON THE NEXT PAGE

ALIGNED MINDSET

STEPS & STAIRS CHECK

Before I Take the Step

Use this before or during stairs, curbs, porch steps, bleachers, escalator entry, or any change in level.

TASK _____ DATE _____

1 Notice the step and my setup

CHECK ANY THAT APPLY

SIGNS I'M STEADY

- ☐ I can see the step edge clearly
- ☐ My whole foot can land securely
- ☐ A handrail or support is available

SIGNS TO ADJUST

- ☐ The step is unusually high or narrow
- ☐ The surface is wet, loose, or uneven
- ☐ I am carrying something

2 Notice how my body handles the step

SIGNS I'M STEADY

- ☐ I can shift weight before stepping
- ☐ My knee and hip stay controlled
- ☐ I can lower myself without dropping
- ☐ I can exhale through the effort

SIGNS TO ADJUST

- ☐ One leg feels less reliable
- ☐ I am holding my breath or bracing hard

3 Can I make the step safer?

- ☐ Use the handrail
- ☐ Place more of my foot on the step
- ☐ Slow down and pause between steps
- ☐ Face the step before moving
- ☐ Exhale through the effort
- ☐ Use a step-to pattern if needed

4 Choose

CHECK ONE

GREEN ☐

I feel steady and can control the step.

YELLOW ☐

I can do it, but I need support or a change.

IF YELLOW Add support, exhale, slow down, or use a step-to pattern.

RED ☐

I cannot control the step safely today.

IF RED Stop and choose another way. Sit down or hold on if needed. If symptoms are sudden or severe, or include chest pain, call 911. Otherwise, contact my doctor.

BEFORE I TAKE THE NEXT STEP, ASK

"Can I control my weight and keep breathing as I move?"

POCKET CARD

Take It With You

Cut along the dashed line. Fold in the middle. Keep it on the refrigerator, in your bag, or in the car.

FOLD

ALIGNED MINDSET

GREEN
I feel steady. I go ahead.

YELLOW
I change one thing, then check again.

Slow down • add support • reduce the load

RED
I stop. I choose another way or get help.



Notice first. Then move.

SIX QUESTIONS

- BEFORE I BEGIN
  What does my body need today?
- BEFORE I MOVE
  Can I stay steady and still adjust?
- BEFORE I WALK
  Does my walking still feel steady and even?
- BEFORE I TAKE THE STEP
  Can I control my weight and keep breathing as I move?
- BEFORE I LOAD
  Can I improve the distribution first?
- BEFORE I DO IT
  Is there a better way to organize this movement?

✂ CUT ON THE DASHED LINE

THE FULL WORKBOOK

The full workbook has six checks, a practice log, and a short page on why each one matters. I share it with my clients and in my classes.

The first consultation is free. Call **(808) 852-2334** or email **darin@alignedmindset.me**.