



10-Minute Body Readiness Check

For busy, active women who want to move stronger, feel confident, and prevent aches or setbacks.

STEP 1: Your Goals (check all that apply)

- ☐ I want to feel stronger and more confident in my workouts
 - ☐ I want to lift, squat, or run without discomfort
 - ☐ I want better posture and less tension in daily life
 - ☐ I want to prevent aches, leaks, or pain from getting worse
 - ☐ I want guidance on where to start safely
-

STEP 2: Quick Self-Check

Breath & Core Awareness

- ☐ My breath stays relaxed when I move
- ☐ I tend to hold my breath, brace, or over-engage my core

Movement Confidence

- ☐ I can squat, bend, lift, or step without hesitation
- ☐ I notice tightness, pressure, leaking or discomfort during these

Stability & Control

- ☐ I feel balanced and supported when changing directions
- ☐ I feel wobbly, unstable, or unsure of my core and balance

Everyday Strength

- ☐ I can carry kids, groceries, or workout equipment comfortably
 - ☐ I notice heaviness, pressure, leaking, or strain with daily tasks
-

STEP 3: Your Readiness Snapshot

Count your checks in each column:

	Feeling Strong & Supported	Feeling Hesitant / Not Sure
Breath & Core	<input type="checkbox"/>	<input type="checkbox"/>
Movement Confidence	<input type="checkbox"/>	<input type="checkbox"/>
Stability & Control	<input type="checkbox"/>	<input type="checkbox"/>
Everyday Strength	<input type="checkbox"/>	<input type="checkbox"/>

STEP 4: Personalized Takeaway (Your Quick Guidance)

Mostly "Strong & Supported" checks:

"You're in great shape! You're ready to safely progress in workouts and daily activity. If you want guidance on building even more strength or preventing future aches, a physical therapy wellness session can help fine-tune your plan."

Mostly "Hesitant / Not Sure" checks:

"Your body is telling us a few areas could use extra support before adding more impact or weight. Personalized, 1:1 physical therapy sessions can improve your strength, stability, confidence, and prevent discomfort or setbacks."

A note from Dr. Sara:

Thanks for taking a few minutes to check in with your body!

If you'd like a little extra guidance, I'd love to review your checklist with you and discuss next steps. Just email me at sara@balancedptwellness.com to schedule your free 10–15 minute phone consultation.

Together, we'll make sure you're moving stronger, safer, and feeling confident every day.

 ***Stay Connected with Balanced Physical Therapy & Wellness***

Balanced Physical Therapy & Wellness

Helping active women move stronger, feel confident, and stay pain-free through every season of life.

 **Location:** Parkway Office Plaza, 1113 48th Ave N, Suite 117, Myrtle Beach, 29577

 **Phone:** 843-892-7583

 **Email:** sara@balancedptwellness.com

 **Website:** balancedptwellness.com

 **Instagram and Facebook:** [@balancedptwellness](https://www.instagram.com/balancedptwellness)

This quick check is designed to give insight into your readiness for safe, confident movement and highlight areas where targeted support can make a big difference.