

The Midlife Recovery Check-In™

Notice how you are recovering, then choose the movement plan that fits your capacity today.



Recovery is not only about soreness. Sleep, stress, energy, symptoms and performance can all affect how ready you feel.

Date: _____ Yesterday's movement: _____ Today's planned movement: _____



How Am I Feeling Today?



1

Sleep



- ☐ Restful
☐ Interrupted
☐ Very poor

Did I wake feeling restored?

2

Energy



- ☐ Steady
☐ Lower than usual
☐ Depleted

Do everyday tasks feel manageable?

3

Muscle Soreness



- ☐ Mild or none
☐ Noticeable
☐ Painful or limiting

Is normal movement comfortable?

4

Stress & Mental Load



- ☐ Manageable
☐ High
☐ Overwhelming

Can I focus and move with control?

5

Menopause Symptoms



- ☐ Stetled
☐ More noticeable
☐ Disruptive today

Are hot flashes, dizziness, headache or other symptoms affecting me?

6

Movement Readiness



- ☐ Ready
☐ Unsure
☐ Not ready

Does my body feel willing and coordinated?



Choose Today's Plan



Move as Planned

Use when: Most answers are in the first column and your warm-up feels normal.

Try: Follow your plan while staying responsive to how you feel.



Scale It Back

Use when: Several answers are in the middle column or you feel less recovered than usual.

Try: Reduce weight, repetitions, range, pace or duration by one step.



Choose Recovery

Use when: Any symptom is painful, limiting or in the last column, or your warm-up feels worse.

Try: Choose gentle mobility, an easy walk, breathing practice or rest.

Your warm-up is another check-in. You may change your plan after you begin.



Recovery Foundations



Eat enough

Include protein and nourishing carbohydrates.



Hydrate

Drink regularly and replace extra fluids after sweating.



Sleep

Protect a consistent wind-down and sleep window.



Move gently

Light movement may feel better than complete inactivity.



Leave space

Avoid training the same muscles hard on back-to-back days.



Manage the load

Life stress counts toward your total recovery demand.

Patterns Worth Noticing

I recover better when: _____

I may need more recovery after: _____

A change I will try this week: _____

Pause Exercise & Seek Guidance



- Pain that is sharp, worsening or changes how you move
- New swelling, redness, warmth, numbness or weakness
- Repeated dizziness, faintness or unusual shortness of breath
- Recovery that keeps worsening despite reducing the load
- Unusual fatigue that persists or interferes with daily life

Seek urgent medical care for chest pain, fainting, sudden neurologic symptoms or severe symptoms after a fall.



Gentle Reminder

One low-capacity day does not erase your progress. Adjusting the plan can help you stay consistent over time.



Martine's Midlife Wellness Tip

Look for patterns across several days. One hard day matters, but repeated changes tell you more.



When to Ask for Guidance

Discuss persistent fatigue, poor recovery, pain or declining performance with an appropriate healthcare professional.