



MOVEMENT ENERGY PROFILE TEST



INTRO :

Not all bodies need the same kind of movement.

Some are tense and overstimulated. Others are slow, stagnant, or scattered. This quick test will help you figure out what kind of movement your body actually needs, not based on rules, but on your current signals. Just answer honestly. There are no right or wrong answers.

1. HOW DO YOU USUALLY FEEL WHEN YOU WAKE UP IN THE MORNING?

A) ALERT BUT TENSE — LIKE I'VE ALREADY
STARTED THE DAY IN MY HEAD

B) HEAVY OR SLUGGISH — IT'S HARD TO GET
GOING

C) FOGGY OR UNFOCUSED — LIKE I HAVEN'T
FULLY "ARRIVED" YET

2. YOUR ENERGY OVER THE LAST FEW DAYS HAS FELT...

A) HIGH, BUT WIRED OR JITTERY

B) LOW AND SLOW

C) Up and down — a mix of bursts and crashes

3. YOUR CURRENT RELATIONSHIP WITH MOVEMENT IS...

- A) I MOVE, BUT IT'S OFTEN STRESS-DRIVEN (TENSE WALKS, RUSHING, PACING)
 - B) I BARELY MOVE, MOSTLY SEDENTARY OR STILL
 - C) I MOVE A BIT, BUT IT'S NOT STRUCTURED OR CONSISTENT
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4. WHEN YOU FEEL STRESS, YOUR BODY TENDS TO...

- A) TIGHTEN UP, JAW, SHOULDERS, GUT, NECK
 - B) FREEZE OR GO NUMB, LIKE I CHECK OUT
 - C) GET RESTLESS — THEN EXHAUSTED QUICKLY
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5. WHAT'S YOUR MOVEMENT PATTERN DURING A NORMAL DAY?

- A) REACTIVE AND TIGHT, LIKE I'M CONSTANTLY CHASING OR RUSHING
 - B) PASSIVE, I SIT OR STAY STILL FOR HOURS
 - C) SCATTERED, SOME MOVEMENT, BUT NOTHING PREDICTABLE
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6. HOW DOES DIGESTION FEEL LATELY?

- A) TIGHT STOMACH, TENSE GUT, FREQUENT BLOATING
 - B) HEAVY OR SLUGGISH DIGESTION
 - C) INCONSISTENT — CHANGES DAY TO DAY
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7. AFTER SITTING FOR A LONG TIME, YOU USUALLY FEEL...

- A) CRAMPED OR COMPRESSED, I WANT TO STRETCH EVERYTHING
 - B) DISCONNECTED, LIKE MY BODY IS "OFF"
 - C) FINE AT FIRST... BUT THEN SOMETHING FEELS OFF
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8. EMOTIONALLY, YOU TEND TO FEEL...

- A) ON EDGE, IRRITABLE, SNAPPY, OVERSTIMULATED
 - B) FLAT OR UNMOTIVATED, LOW ENTHUSIASM
 - C) DRAINED BUT OVERSTIMULATED, LIKE I CAN'T LAND OR REST PROPERLY
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SCORING SYSTEM:

- Each A answer = Tense / Overstimulated profile
- Each B answer = Stagnant / Low-Activation profile
- Each C answer = Dispersed / Depleted profile

Your dominant profile is the one with the most answers.

In case of a tie, read both matching profiles, you may be in transition between two states, and that's okay.

If your answers are evenly split across all three, it means your system is overloaded or disconnected

Start with low-pressure, rhythmic movements (like the Mini Flow 3x10), and notice how your body responds.



RESULTS

◆ YOU ARE THE TENSE / OVERSTIMULATED PROFILE

Your body is constantly active, but not grounded.

You hold a lot of tension in your posture, breath, and nervous system.

You don't need more activity, you need reconnection + regulation.

✓ What to do:

Focus on fluidity over force.

Use spinal mobility, soft walks, hip openers, deep breathing.

Think nervous system reset, not sweat.

◆ YOU ARE THE STAGNANT / LOW-ACTIVATION PROFILE

Your body feels dormant, blocked, or low on energy.

There's not enough natural circulation happening, and you may feel stiff, bloated, or heavy.

✓ What to do:

Use short, energizing micro-movements throughout the day.

Focus on standing mobility, walk bursts, breath + stretch routines.

You don't need intensity, you need spark and momentum.

◆ YOU ARE THE DISPERSED / DEPLETED PROFILE

You're not tense or frozen, you're scattered.

Your body is bouncing between doing too much and not enough.

You need anchored structure, not more effort.

✓ What to do:

Start with Mini Flow 3x10, one short movement reset in the morning, mid-day, and evening.

Prioritize breath, routine, and repeatable signals.

You don't need more movement, you need predictable rhythm.

Final Reminder

This movement profile isn't a magic weight loss formula.

It's not here to replace training, and it's not meant to be your final stop.

This is your starting line.

The goal here isn't to push harder or burn more, it's to reactivate your body, to get your system back online, and to create the physical momentum that makes deeper work possible.

Because yes, if you want real, visible transformation?

You'll eventually need to train.

You'll need to challenge your body, build strength, and move with purpose.

But without rhythm... without reconnection... without clarity?

Even the best workout plan won't stick.

So start here.

Let your body trust movement again, then build from there.

This phase is not about perfection.

It's about reawakening the fire, gently, intelligently, and consistently.

You're just getting started 🔥

Let's keep going.