

Steps for Healthy Feet Checklist

I will take care of my feet! I will make the changes needed to keep my feet healthy.

I will

- Control my blood glucose levels
- Have a healthcare professional trim my toenails and care for the skin on my feet if I cannot reach or feel my feet
- Have my shoes professionally fitted
- Quit smoking
- Begin exercising regularly as directed by my healthcare professional
- Wash my feet daily and dry them well
- Shake out my shoes before putting them on
- Wear shoes at all times, indoors and out
- Buy shoes with closed toes as they protect feet from injury
- Buy shoes late in the day as feet tend to swell
- Change my socks everyday
- Other _____

Keep this form where you can easily find it. Review it often to ensure you reach your goal of healthy feet.

For more information, visit www.WoundsCanada.ca

This form is meant as a tool only and is not meant to be used for any diagnostic or therapeutic decisions. Specific medical concerns should be directly handled by a qualified healthcare professional.