

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 additional information, visit www.cawc.net/diabetesandhealthyfeet

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.