

My Healthy Feet Checklist Instructions

Checking your feet each day will help you to keep your feet healthy. Small cuts can go unnoticed. They can become infected if you do not take a close look at your feet regularly. It is best to check your feet every day. Use this checklist to help you keep track of checking your feet each day for a week. When the week is over, start a new checklist for the next week.

Place **My Healthy Feet Checklist** in a spot where you will see it every day such as on the fridge or in your bathroom. Ask a family member to help remind you to check your feet every day.

Instructions

You will need to use a dry erase pen if you have the laminated version.

1. Write the week across the top.
2. After you do each step, check off the box beside it under the day of the week.
3. For step #5, place a check mark beside YES or NO:
 - If you find changes in your feet, follow the instructions below under “If **Yes**”.
 - If there are no changes in your feet, follow the instructions below under “If **No**”.

Developed by the HNH B LHIN-WIDE Footcare Working Group

