

To Do List

Make plans now to take care of your feet for a lifetime.

Check each item when completed.

By when:

- Use the list of foot care tips on the reverse side and put it where I will see it every day. _____
- Get a pair of nail clippers if my doctor recommends it. _____
- Get an emery board and a pumice stone if my doctor recommends them. _____
- Buy lightly padded seamless socks. _____
- Buy a pair of shoes that fit well and cover my feet. _____
- Give away shoes that don't fit. _____
- Place slippers beside my bed to wear when I get out of bed. _____
- Get a mirror to help me see the bottoms of my feet. _____
- Ask for help from a family member or caregiver if I can't see my feet. _____
- Keep my next doctor's appointment. _____
- Ask my doctor if I qualify for special shoes covered by Medicare or other insurance plans. _____
- Ask my doctor or nurse to inspect my feet at every visit. _____
- Plan my physical activity program with my doctor. _____
- Stop smoking. _____