

# 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 soft, cotton or wool 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. \_\_\_\_\_