

I can protect my feet

Even without pain/discomfort, I can look at my feet daily to check for cuts, scratches, blisters, redness or dryness

After washing my feet, I can dry between my toes

I can judge when my toenails need to be trimmed by a podiatrist

I can trim my toenails straight across

I can figure out when to use a pumice stone to smooth corns and/or calluses on my feet

I can test the temperature of the water before putting my feet into it

If I was told to do so, I can wear shoes and socks every time I walk (includes walking indoors)

When I go shopping for new shoes, I can choose shoes that are good for my feet

I can call my doctor about problems with my feet

Before putting them on, I can check the insides of my shoes for problems that could harm my feet

If directed to do so, I can routinely apply lotion to my feet