

# DAILY HEALING HABITS TRACKER

Choose 3 to 5 small habits to practice each day. These are example habits that you can easily stack into your normal routine—no extra time or energy needed. Check off the ones you complete and build momentum at your own pace.

HABIT	WHEN TO DO IT	<input checked="" type="checkbox"/>
Check Your Feet	After Brushing Your Teeth	<input type="checkbox"/>
Do Ankle Pumps	While Making Coffee	<input type="checkbox"/>
Take Supplements	After Your Lunch	<input type="checkbox"/>
Stretch Feet or Calves	Before Watching TV	<input type="checkbox"/>
Rub Urea Cream on Feet	After a Shower	<input type="checkbox"/>
Toe Wiggles/Foot Circles	During Breakfast	<input type="checkbox"/>
Elevate Your Legs	After Dinner	<input type="checkbox"/>
Take a Short Walk	After Breakfast	<input type="checkbox"/>
Use NeuroGo	Right Before Bed	<input type="checkbox"/>
Drink a Glass of Water	Before or After Medication	<input type="checkbox"/>
Massage Your Calves	While Watching TV	<input type="checkbox"/>

Brought to you by:

**NeuroGo**

Find more resources at:

[www.NeuroGo.com/resources](http://www.NeuroGo.com/resources)

# DAILY HEALING HABITS TRACKER

Print out this habits tracker page and write in your own habits that you want to add to your daily routine.

HABIT	WHEN TO DO IT	<input checked="" type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Brought to you by:

**NeuroGo**

Find more resources at:

[www.NeuroGo.com/resources](http://www.NeuroGo.com/resources)