

## PROGRESS TRACKER

Check off each item as you go. You don't have to do them all at once—just focus on steady, small changes that add up over time.

|        |  |   |
|--------|--|---|
| Day 1  |  | Start eating a low-sugar, nerve-friendly breakfast today. |
| Day 2  |  | Start cutting out added sugar.                            |
| Day 3  |  | Swap at least one snack for a healthy alternative.        |
| Day 4  |  | Buy at least 3 nerve-supportive foods from your list.     |
| Day 5  |  | Pick your best meal from this week and make it again.     |
| Day 6  |  | Reflect: Whats one early win youve noticed so far?        |
| Day 7  |  | Write down your biggest success from week 1.              |
| Day 8  |  | Add one nerve-healing food to your meals today.           |
| Day 9  |  | Start adding healthy fats to your meals.                  |
| Day 10 |  | Take a short walk or do 5 minutes of foot/ankle movement. |

## PROGRESS TRACKER - CONTINUED

|        |  |   |
|--------|--|---|
| Day 11 |  | Start drinking a glass of water before each meal.                       |
| Day 12 |  | Read food labels and check for hidden sugars.                           |
| Day 13 |  | Reflection: Whats one unexpected change you've noticed?                 |
| Day 14 |  | Make nerve-friendly choices when you eat out.                           |
| Day 15 |  | Remove 3 high-sugar or processed items from your pantry.                |
| Day 16 |  | Review and mark off every habit you've completed so far.                |
| Day 17 |  | Reflection: Notice one daily task that feels easier than it did before. |
| Day 18 |  | Spend some time reading our Stop Neuropathy Foot Pain book.             |
| Day 19 |  | Make one change tonight to improve your sleep comfort.                  |
| Day 20 |  | Identify 1 habit you'll continue after the 21 days                      |
| Day 21 |  | Celebrate your progress and set a next goal.                            |