

YOUR PROGRESS PLAN

7 Nerve-Friendly Daily Habits to Keep You Feeling Better

Congratulations on completing your 21-day plan! These 7 simple habits will help you protect your nerves, improve circulation, and keep building on the progress you've made.

Daily Habits Checklist

- ☐ Protein-based breakfast - Start your day with eggs, Greek yogurt, chicken, or fish to keep blood sugar steady.
- ☐ Cut out sugar & high-carb snacks - Avoid bread, pasta, sweets, and sugary drinks.
- ☐ 15 minutes with NeuroGo - Boost circulation and oxygen to your nerves every day.
- ☐ 5 minutes of movement after each meal - Walk, march in place, or do gentle ankle circles.
- ☐ Drink enough water - Aim for at least 6-8 cups per day.
- ☐ Comfortable, pressure-free shoes & socks - Avoid anything tight or restrictive.
- ☐ Mark your progress - Use your progress tracker to see your wins add up.

Tip: Even if you can't do them all every day, the more boxes you check, the better your results will be over time.

YOUR PROGRESS PLAN - CONTINUED

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Weekly Checklist

- ☐ Pantry reset if needed - clear out hidden sugars and ultra-processed foods.
- ☐ Try one new low-sugar recipe.
- ☐ Review your tracker from the week and celebrate your wins.

Quick Tips for Ongoing Progress

- **Dining out:** Choose protein first, swap starchy sides for vegetables, ask for sauces on the side.
- **Better nights:** Loosen covers at your feet, try gentle stretches before bed, avoid tight socks at night.
- **Flare-up days:** Take it easy but keep moving gently to keep blood flowing.

Why NeuroGo Fits In

Eating right and moving more are powerful - but circulation is the missing piece for many people. That's why I use and recommend NeuroGo as part of a daily routine. It's a safe, drug-free way to help improve blood flow and oxygen delivery to your nerves, so they can stay healthier over time.

"AFTER 15 YEARS OF NOT FEELING MY FEET, I NOTICED A REAL DIFFERENCE AFTER STICKING WITH THE PLAN AND USING NEUROGO DAILY." - RAY