

Seven days of useful noticing

This is a private prompt sheet, not a score or medical assessment. Nothing you write is sent to Steady on Feet. Choose a safe seated position whenever you look at your feet or shoes.

Day 1 Look

In good light, notice what is normal for the tops, soles and spaces between your toes. Do not try to diagnose a change.

Day 2 Comfort

Notice when your feet feel most comfortable and when rubbing, pressure or tiredness appears.

Day 3 Shoes

Check inside your usual shoes for grit, rough seams, worn lining or a folded insole.

Day 4 Routes

Walk through one familiar route at home and notice clutter, loose items, poor light or a surface change.

DAYS 5 TO 7

Day 5 Fit

While seated, put on your usual footwear. Notice toe room, heel movement and any pressure marks after walking.

Day 6 Patterns

Write down when unsteadiness or discomfort appears so you can describe the pattern clearly if asking for help.

Day 7 One next step

Choose one manageable action: care for dry skin, clear a route, reassess a shoe or arrange professional advice.

When to ask for help

Seek prompt professional advice for a wound, signs of infection, a sudden colour or temperature change, new loss of feeling, severe or worsening pain, new dizziness or worsening unsteadiness. Call 999 in a medical emergency.

Sources

NHS: Falls. Guy's and St Thomas' NHS Foundation Trust: Caring for your feet and toenails. Royal College of Podiatry: Ageing feet. Accessed 4 August 2026.