

Tracking Template - Barefoot Transition (6 Weeks)

Mark each completed day and note your sensations (0-10).

| Week | Activity | Target Time | Notes |
|------|---|-------------|-------|
| 1-2 | Barefoot at home + toe exercises | 10-15 min | |
| 3 | Minimalist shoes outdoors on smooth surface | 500 steps | |
| 4 | +10% time; introduce grass | 15-20 min | |
| 5 | Indoors full-time in minimalist shoes | Full day | |
| 6 | Outdoors 60% of the day | >= 30 min | |