

Tracking Template - Full Barefoot (8 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	
7	Long varied walks	30-40 min	
8	Regular barefoot in daily routines	Free	