

# THE NEUROPATHY RELIEF TRACKER

## Making Invisible Progress Visible Why Tracking Changes Everything

When you've lived with burning feet for months — or years — something subtle happens.

Your brain adapts.

It begins to treat pain as "normal."

That means small improvements often go unnoticed.

You might improve by 10–15%... But because the pain isn't completely gone, your brain tells you:

"Nothing's changed."

That's discouraging.

And discouragement leads to inconsistency.

**This tracker prevents that.**

It allows you to:

- See patterns
- Notice small wins
- Track pain objectively
- Bring clear information to your GP

When progress is written down, it becomes real. And when progress becomes real, motivation increases.

This tracker is not about perfection. It is about awareness.

Even small improvements matter.

**Let's begin.**

# HOW TO USE THIS TRACKER

## Morning

Fill it out once in the morning

## Evening

Fill it out once in the evening

## Keep It Simple

Do not overthink

## Be Honest

Accurate entries lead to accurate patterns

## Be Consistent

Use the same scale consistently

The goal is **pattern recognition** — not precision.

# WEEKLY TRACKING SHEET TEMPLATE

## (Repeat for 8 Weeks Minimum)

You will create 8 identical weekly pages.

Below is the full layout.

### Daily Pain Scores

Morning and evening ratings on a 1–10 scale, every day of the week

### Sleep Quality

Nightly sleep score plus times woken by burning pain

### Sensation Checkbox

Daily tick-boxes for burning, tingling, numbness, and more

### Weekly Reflection

End-of-week questions to shift focus toward progress



# WEEK \_ \_ \_

Dates: \_\_\_\_\_ to \_\_\_\_\_

## DAILY PAIN SCORES

**Morning Pain (1–10):** Mon \_\_\_ Tue \_\_\_ Wed \_\_\_ Thu \_\_\_ Fri \_\_\_ Sat \_\_\_ Sun \_\_\_

**Evening Pain (1–10):** Mon \_\_\_ Tue \_\_\_ Wed \_\_\_ Thu \_\_\_ Fri \_\_\_ Sat \_\_\_ Sun \_\_\_

### Scale Guide

1–2	Mild, barely noticeable
3–4	Present but manageable
5–6	Distracting
7–8	Strong burning
9–10	Severe, overwhelming

## SLEEP QUALITY (1–10)

Mon \_\_\_ Tue \_\_\_ Wed \_\_\_ Thu \_\_\_ Fri \_\_\_ Sat \_\_\_ Sun \_\_\_

### Also record:

Times woken by burning pain each night:

Mon \_\_\_ Tue \_\_\_ Wed \_\_\_ Thu \_\_\_ Fri \_\_\_ Sat \_\_\_ Sun \_\_\_

- Why this matters:** Improved sleep is often one of the first signs circulation is improving.

# SENSATION CHECKBOX

Each day, tick what you experienced:

Burning

Tingling

Numbness

Pins & Needles

Warmth

Cold Sensation

You may notice certain sensations decrease before others.

That's normal.

## NEUROSOUND SESSIONS COMPLETED

Mon  Tue  Wed  Thu  Fri  Sat  Sun

Consistency builds results. Tracking builds consistency.

## WEEKLY REFLECTION

At the end of each week, answer briefly:

1. What improved, even slightly?
2. What felt different this week?
3. Did I stay consistent with sessions? Yes / No
4. Did I complete the 5-Minute Routine regularly? Yes / No
5. Did I follow nutrition support at least 60% of the time? Yes / No

This reflection section is critical. It shifts focus toward progress.

# PAGE: WEEKLY AVERAGE CALCULATION

At the end of each week:

Add morning + evening pain scores. Divide by 14. Write weekly average here:

<b>Week 1 Average:</b>	_____
<b>Week 2 Average:</b>	_____
<b>Week 3 Average:</b>	_____
<b>Week 4 Average:</b>	_____
<b>Week 5 Average:</b>	_____
<b>Week 6 Average:</b>	_____
<b>Week 7 Average:</b>	_____
<b>Week 8 Average:</b>	_____

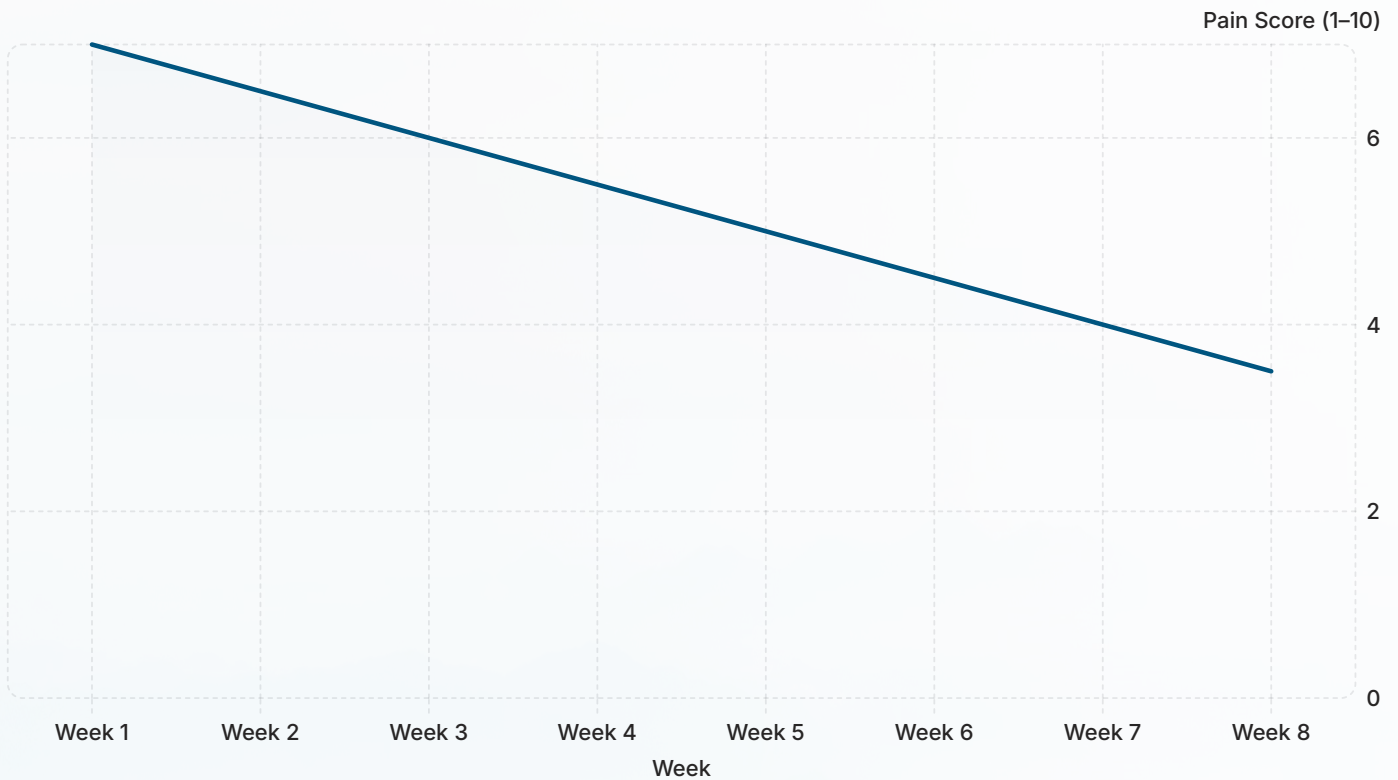
Now you have objective trend data.

# PROGRESS SUMMARY CHART PAGE

Create a simple line chart page with:

**Vertical axis:** Pain Score (1–10)    **Horizontal axis:** Week 1 to Week 8

Plot your weekly averages.



Seeing the line gradually move downward is emotionally powerful.

Even a drop from 7 to 6 is meaningful.

# WHAT TO SHOW YOUR GP PAGE

Bring this to appointments.

**Fill in:**

<b>Date started NeuroSound:</b>	_____
<b>Weeks completed:</b>	_____
<b>Week 1 average pain:</b>	_____
<b>Most recent week average pain:</b>	_____
<b>Sleep quality improvement:</b>	_____
<b>Sessions completed per week (average):</b>	_____
<b>Additional notes:</b>	

This transforms your approach from:

"I think it's helping..."

To:

**"Here is my tracked data."**

That changes conversations.

# FINAL PAGE

## Why Small Changes Matter

Chronic nerve discomfort often improves gradually.

Small shifts accumulate.

Tracking helps you see:



**Reduced Frequency**



**Reduced Intensity**



**Better Sleep**



**Fewer Flare-Ups**

Even 10% improvement matters.

10% becomes 20%.

Consistency compounds.

**Keep going.**

# BONUS ADD-ON

## 1-PAGE PRINTABLE VISUAL SUMMARY

### Your Daily Circulation & Relief Checklist

This is a one-page printable sheet designed to sit beside their chair.

Large font. Clear boxes.



#### **Morning Ritual**

Start each day with your circulation routine, NeuroSound session, and a glass of water



#### **Midday Check-In**

Eat at least one circulation-supporting food and stay lightly active throughout the day



#### **Evening Wind-Down**

Complete your evening NeuroSound session, avoid refined sugar, and do a light stretch or movement

# DAILY RELIEF RITUAL CHECKLIST

## Morning

- 5-Minute Circulation Routine
- NeuroSound Session
- Drank 1 Glass of Water

## Midday

- Ate At Least 1 Circulation-Supporting Food
- Stayed Lightly Active

## Evening

- NeuroSound Session (if recommended twice daily)
- Avoided Refined Sugar Today
- Light Stretch or Movement

## Pain Check (Circle One)

**Morning:** 1 2 3 4 5 6 7 8 9  
10

**Evening:** 1 2 3 4 5 6 7 8 9  
10

## Sleep Goal Tonight

- Calm routine before bed
- Warm socks if needed
- No late heavy sugar

**Reminder:** Movement +  
Sound + Nutrition =  
Circulation Support

**Stay Consistent.**