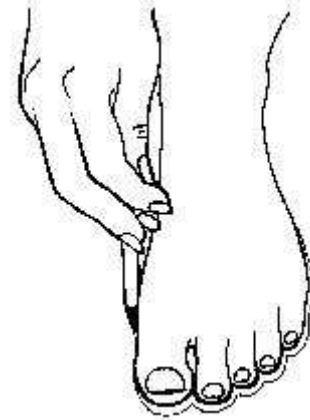


Step by Step Instructions to Trace & Measure Feet

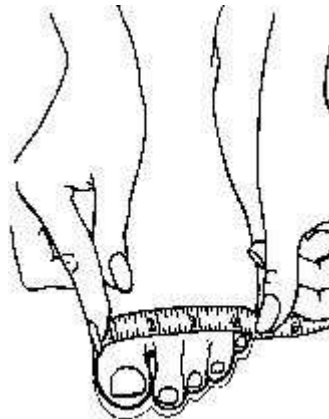
1. For the outline, hold the pen straight up and run it around the foot several times, darkening the correct outline, especially around the back of the heel.



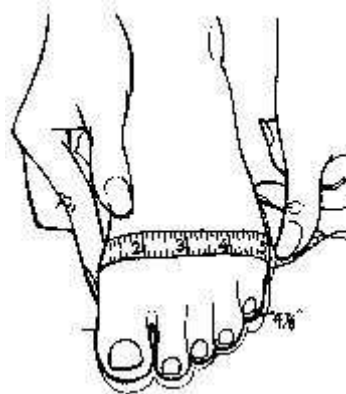
2. For the inner line, hold the pen at an angle and run it around under the edge of the foot, tracing where your foot touches the paper.



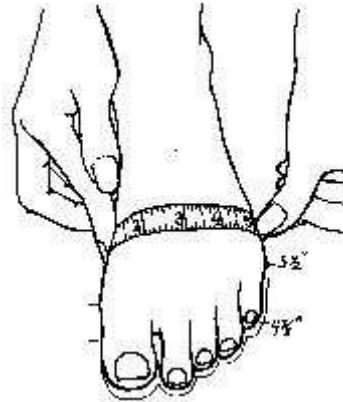
3. With a tape measure over the middle of the five toes, measure to 1/16th of an inch. Mark on the paper where you held the tape's scale. Write the measurement there at the mark.



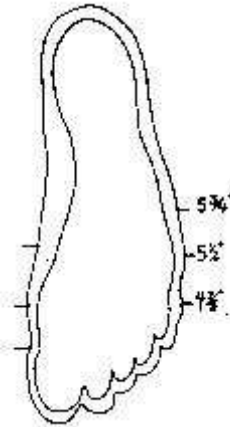
4. Over the ball of the foot, where the foot bends and is widest, measure and mark where you measured, and write down the measurement at the mark.



5. One inch behind the ball, over the waist of the foot, make another measurement and mark it down. Do not measure further back over the instep.



6. Before lifting your foot from the paper, please double-check all your measurements. Completed tracings should look something like this, one for each foot.



Foot Tracing Checklist:

___ My bare foot was flat on the floor and didn't move when tracing it, while shifting my body weight.

___ My feet were not swollen when tracing.

___ My toes were not curled up when tracing.

___ I am sure I held the pen or pencil straight up around the sides, the toes, and specially around the back of the heel.

___ I carefully traced the outline of each foot clearly, and retraced it to darken and define it well.

___ I measured over the ball of the foot where the bones are the widest, which may be at a slant to the central axis of a foot's length.

___ I measured the waist of the foot about one inch behind the ball, not further back on the instep.

___ I marked where the measurements were taken on both sides of the feet, and wrote the measurements there. And double-checked them.

Call us if you would like us to talk you through the tracing of your feet.

(800) 419-8621