



Before you start taking measurements, please print two copies of the template on which you will draw the outlines of your feet. This template can be found on the following page.

IMPORTANT: On your printer settings, set your page scaling settings to “None”.

Do not select “Fit to Printable Area” or “Shrink to Printable Area” as this would rescale the template.

After you have printed the template, make sure that **each horizontal line on the template measures exactly 5cm.**

Place one foot on top of the two horizontal lines and trace the outline of your foot on this template.



Each line should measure 5cm.



HOW TO TRACE FOOT

1

Setting up the template

Tape the template on the floor.
Make sure that each horizontal line on the template measures exactly 5cm.



2

Positioning your foot on template

Sit on a chair and place your foot on top of the two horizontal lines on the template.
Bend your leg forward slightly so that your shin is slightly in front of your ankle.
This will put some weight on your foot and allow for more accurate measurements.
Keep your foot flat and firmly on the floor.



3

Tracing foot outline

Draw the outline of your foot with a pencil.
Hold the pencil upright and perpendicular to the paper.



4

After you have drawn your feet outlines on the templates, please send scanned copies or photographs of your feet outlines to us together with your order confirmation number.
If you are taking photographs of the outlines, please take separate shots for outlines of each foot. Ensure that the camera lens is placed right above the paper and not at an angle.

HOW TO MEASURE FOOT

1



Measure the length of your foot

On your feet outline, mark the point at the tip of your big toe and the point at your heel.

Measure the distance between these two points in millimeters and record the measurement.

2

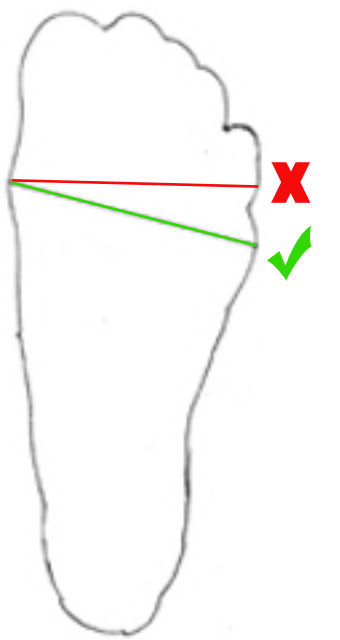


Measure the girth at the ball of your foot

Take a strip of paper and wrap it around the widest part of your foot just behind the toes.

Note that you should wrap the strip of paper over the big toe joint and the small toe joint, and not horizontally across.

Pull the strip of paper snug, but not too tight.



Make a fold at any point where the strip of paper overlaps.

Draw a line at the fold.



Use a ruler to measure the distance from the **folded end** to the line that is drawn.

Find the closest mark in millimeters and record the measurement.

3



Measure the girth at the instep

Repeat Step 2, but this time, wrap a new strip of paper around your instep, which is the arched middle part of your foot between the toes and the ankle. This is also the highest point of the top of the foot, where you will feel a small bone sticking out.

You should obtain the following six measurements at the end of the exercise.

Left Foot (length) : _____ mm

Left Foot (ball) : _____ mm

Left Foot (instep) : _____ mm

Right Foot (length) : _____ mm

Right Foot (ball) : _____ mm

Right Foot (instep) : _____ mm