

## HOW TO TRACE AND MEASURE YOUR FEET

You may trace and measure your own feet, or have someone do it for you. It is very important that you carefully trace and measure. Double check your measurements, and carefully outline your foot. Use a cloth or plastic tape-measure (not a steel carpenter's tape), and use a standard Bic-style pen.

Thicker paper is better, like a manila folder, but regular copy paper is fine too. Trace your feet bare.

If tracing a friend, have them stand up straight, without wiggling around, and on a hard surface with feet about shoulder width apart. If tracing yourself, use a raised surface like a coffee table, and trace one foot at a time while pressing your weight onto your bent knee with your torso. Be sure that your toes are somewhat spread and not pinched up, as if they would be when making a step. Do not move your foot until completely finished with tracings and measurements.

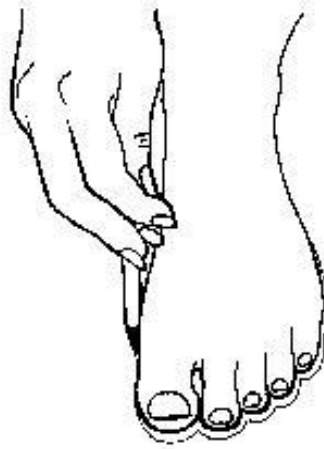
Please trace the lines around your foot several times, to darken the correct line, and please double check your measurements are correct to the nearest 1/16<sup>th</sup> inch.

### **YOU MEASURE TWICE, WE CUT ONCE!!**

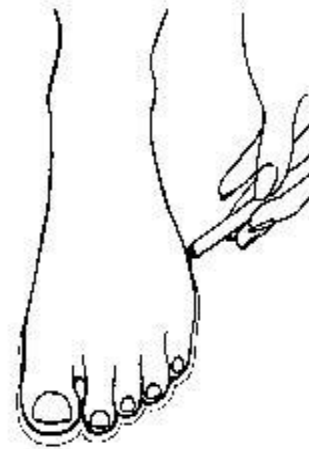
Measure over the foot as indicated, not around the foot, and mark on the paper those spots where the tape-measure started and ended, on both sides of the foot.

Look at your tracings, compare them to the last image. Then compare them too each other. If one foot traces bigger than the other, be certain that it is, for we will make one shoe bigger than the other. Please do not let these instructions intimidate you. Most people do fine, but if there's something that seems off, we may ask you to try again. We are happy to help walk you through the process.

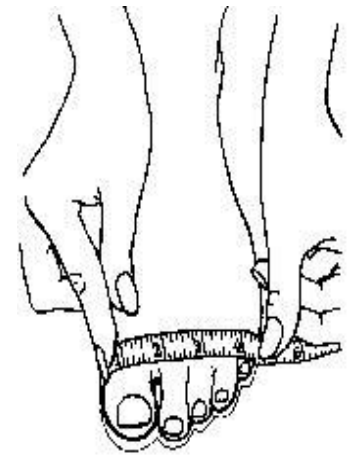
**Call 231-882-9622 with questions.**



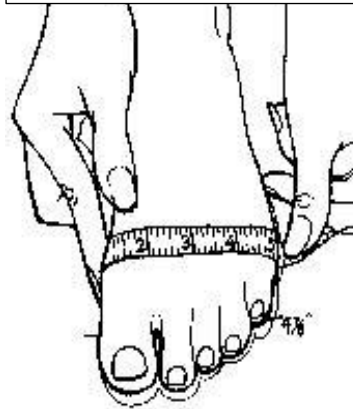
1. For the silhouette line, hold the pen at a slight angle so it's point marks square with the foot's edge, and run it around the foot repeatedly, darkening the correct outline.



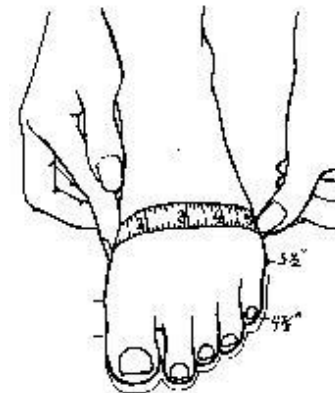
2. For the inner line, hold the pen at a steeper angle, and run it around under the edge of the foot, tracing where the foot touches the paper.



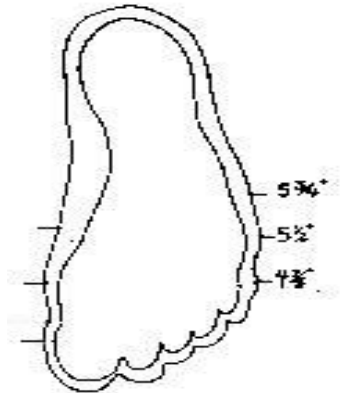
3. With a tape, measure over the middle of the five toes, measuring to 1/16<sup>th</sup> of an inch. Mark both sides where you held the tape's scale. Write the measurement at the marks you made.



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



5. Approximately 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 the foot from the paper, please double check all measurements. Please be sure the foot tracings look like this; one tracing for each foot.

## **Foot Tracing Checklist**

\_\_\_\_ **My bare foot was flat on the floor and didn't move when tracing it, or 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 slightly angled to capture a true silhouette for the outer line, and at a steep angle to capture the foot print for the inner line. I used extra care around the heel and the toes.**

\_\_\_\_ **I carefully traced the outline of each foot clearly and darkened the correct line.**

\_\_\_\_ **I measured over the ball of the foot where the bones are the widest, which is usually at a slight angle to foot's length.**

\_\_\_\_ **I measured the waist of the foot, approximately one inch behind the ball of the foot, not further back over the instep.**

\_\_\_\_ **I marked where the measurements were taken on both sides of the feet, and wrote the measurements there, and I doubled checked all measurements before moving the feet.**

\_\_\_\_ **If I wear orthotics, I did two sets of tracings and measurements: one standing barefoot, and another standing on the orthotics.**

**Send your tracings to:**

**Yore Unlimited, PO Box 305, Greenville, MI. 48838**



# **Foot Tracing Instructions For Custom-Fit Shoes**