



Length:

1. Place a piece of paper on the ground.
2. From a sitting position with your knees at right angles, place your foot flat on the piece of paper.
3. Draw all the way around your foot, keeping the pencil upright against the foot.
4. Mark the big toe (a) and the back of the heel (b) as on the diagram.
5. Remove your foot from the paper and measure (cm) straight between points (a) and (b). This will give you the **length**.

Width:

Using a dressmaker's measuring tape, measure (cm) all the way around the widest point of the ball of the foot. The tape should sit slightly diagonally on the widest points at both sides. This will give you the **width**.