

STEPPIN' OUT FOOT & LEG MEASUREMENT SHEET

www.steppinout.com.au

DATE: _____

NAME: _____

COMPANY: _____

PH: _____

E: _____

ADDRESS: _____



Bloch Canvas Ballet Flat

Size: _____

Width: _____

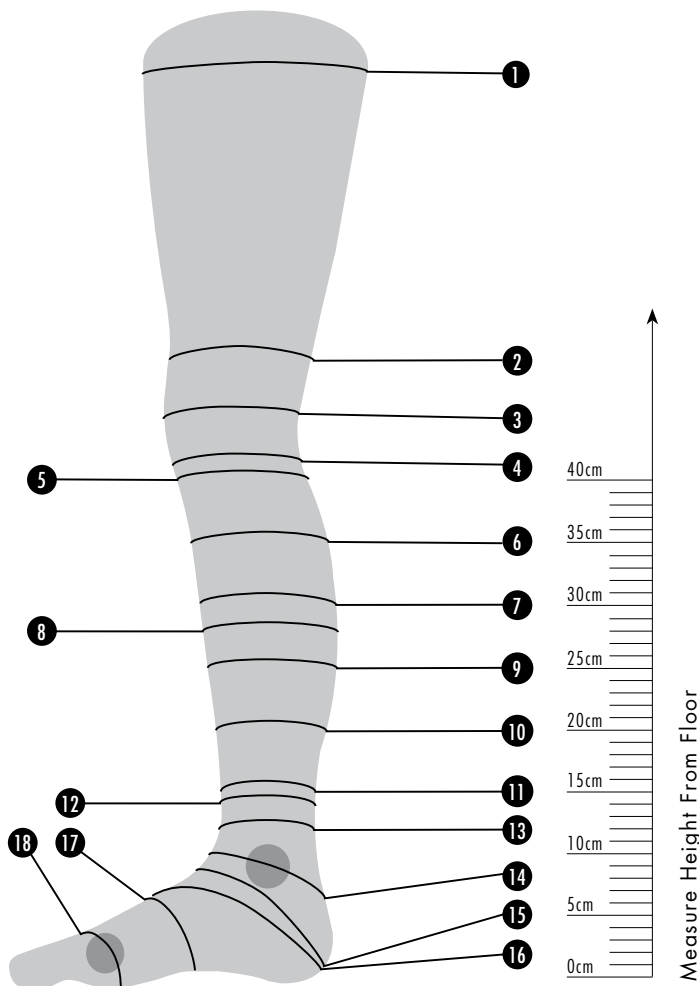
Style: _____

Normal Shoe Size: _____

A. Measure Your Feet

1. Place your right foot on a blank piece of paper, which should be resting on a firm surface.
2. Holding a ruler up against the heel draw a mark to indicate the end of the foot.
Do the same at the toe.
3. Firmly holding a pencil vertically trace the outline of the foot.
4. Take the measurements of the foot with the tape held firmly and record.
5. Note any problems or irregularities with your feet. The more information, the better the fit.
6. Repeat with the left foot on the reverse side.

B. Record Your Leg Measurements



#	PART OF LEG TO BE MEASURED IN CENTIMETRES	RIGHT LEG		LEFT LEG	
		HEIGHT	AROUND	HEIGHT	AROUND
1	THIGH (If Required)				
2	KNEE—ABOVE				
3	KNEE—MIDDLE				
4	KNEE—BELOW				
5	LEG	At 40cm		At 40cm	
6	LEG	At 35cm		At 35cm	
7	LEG	At 30cm		At 30cm	
8	CALF—THICKEST POINT				
9	LEG	At 25cm		At 25cm	
10	LEG	At 20cm		At 20cm	
11	LEG	At 15cm		At 15cm	
12	ANKLE—THINNEST				
13	ANKLE	At 10cm		At 10cm	
14	ANKLE—ANKLE BONE				
15	SHORT HEEL (Foot Pointed)	—		—	
16	LONG HEEL (Foot Pointed)	—		—	
17	INSTEP	—		—	
18	BALL JOINT (Widest Part, Foot)	—		—	
19	HEIGHT OF BOOT REQUIRED				