# mated giušcevic 

## 1. TRACING

## You may need a friend to help with this step!

Stand (do not sit), with your foot on the paper.
Trace around the foot twice.
One line should be done with the pencil held 90 degrees to the paper, to get the very outer edges of your foot

The other line should be with the pencil held on an angle to the paper, to get to the under edges where the foot is touching the paper.

## 2. END LINES

Then using a ruler, draw horizontal lines at both ends, as shown. Try to get them as parallel to each other as possible. Then using the ruler again, draw a vertical line between them, and write down the length of this vertical line. This is the foot length.
-DO NOT MOVE YOUR FOOT YET

YOU WILL NEED
paper
flexible tape measure pencil
ruler
maybe a friend


## 3. MEASUREMENTS

With your foot still on the paper, in the same position as above - use a flexible tape measure to measure the following.

Make sure to mark on the paper where you took each measurement.

JOINT: The widest area where the toes bone joint is.

WAIST: The narrow area that comes just after the joint.

INSTEP: The middle where the top of the foot is kinda high

ANKLE:Around the ankle where it joins the foot.

HEEL: Where the heel touches the ground, around the front of the ankle.

CALF: Around the largest part of the calf. Make a small mark on the leg so you can take the height measurement next.

HEIGHT: The height from the floor to where you took the calf
 measurement.

## 4. Your finished tracing should look like this.



## 5. SEND ME THE TRACING

*Please make sure you take a clear picture on a flat surface, that is well centered, and ensure your phone is as parallel to the paper as possible, to avoid skewing the perspective.

- to donebymatea@gmail.com
- or post - contact me for the studio address!

