

# special features

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## PERSONAL FITTING CHART

Information from this Chart enables us to give you accurate, personal advice each time you order shoes. **It's best if you do the measurements yourself** but, if someone else does it for you, please ensure your foot is *directly below your knee – and lean forward over your knees as if you were doing it yourself*. Completion takes only a few minutes. Return your Chart to us and after checking it we will contact you to confirm your correct size and width fitting. If you are one of the small minority of women whose feet are too difficult for us to fit by mail, we will tell you!

### YOUR DETAILS:

YOUR NAME:

ADDRESS:

TEL (HOME):

TEL (WORK):

FAX:

EMAIL:

AGE:

**Do you consider your ARCH is:** HIGH AVERAGE LOW FLAT DON'T KNOW  
**DO YOU: use arch supports (orthotics)?** YES/NO **have big toes that stick up?** YES/NO  
**Is your second toe longer than your big toe?** YES / NO  
**IS THERE ANYTHING ELSE** that affects how shoes fit you?

**NOTE BELOW SHOE PURCHASES in the last couple of years** – make, size/width, how they fit:

### NOW MEASURE YOUR FEET (PLEASE USE CENTIMETRES)

You need a pen/pencil, an accurate tape measure – just cut off the right hand edge of this page – and a spare piece of paper. It's all done sitting down with your feet on a hard floor or surface.

#### STEP 1: LENGTH: A – B

Sit with your foot on the scrap piece of paper and **HOLDING THE PEN UPRIGHT** make a dot at the end of your big toe (A) and at the back of your heel (B). Measure between the dots and write the measurement below:

**Right =**

**Left =**

#### STEP 2: FOOTPRINT: C – D

Still **SITTING** with foot on paper, with an **UPRIGHT** pen, make a dot at the widest point of your big toe joint at D (your 'bunion joint') and **DIRECTLY** opposite at C. Measure between the dots and write below:

**Right =**

**Left =**

#### STEP 3: WIDTH FITTING:

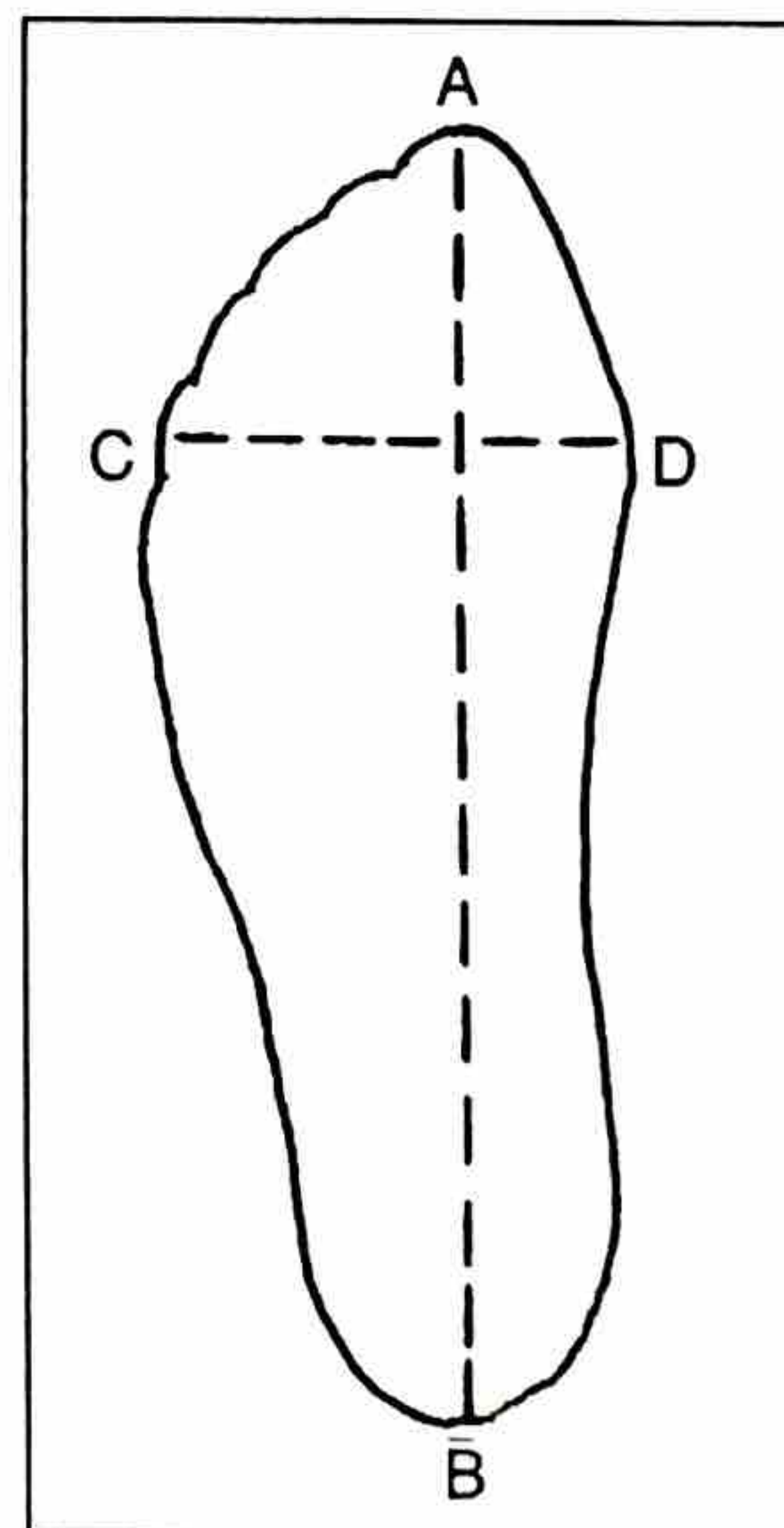
Still **SITTING**, slip the tape measure under the ball of your foot and keeping your foot on the floor, measure **ALL THE WAY AROUND** the front of your foot going straight across through C and D. **DON'T** slant the tape!

**Right =**

**Left =**

#### STEP 4: AN OUTLINE OF YOUR FEET

Sitting as before (feet on floor) using the back of THIS sheet, draw one single line around each foot in turn, **USING A PEN HELD UPRIGHT**. Don't worry if outlines overlap a bit or if you find it difficult going around your heel. We don't use the measurements from these outlines, they simply tell us about your toe shape, arch and how you stand on your feet – all things that affect how shoes fit.



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