

FORWARD ARCH IMPRINT INSTRUCTIONS

Read instructions completely before starting.

Take one impression at a time.

One foot first, then repeat for the other.

RETURN THIS SHEET WITH YOUR IMPRESSIONS

STEP 1: Place paper towels or newspaper on a hard flat surface (kitchen or bathroom floor) to protect the floor from potential ink damage.

STEP 2: Place impression board on protected floor and spray lightly with water.

STEP 3: Lay purple transfer paper on the impression board, dark side down. (CAREFUL when handling the transfer/carbon paper, it is sensitive to moisture. Make sure your hands are dry.)

STEP 4: Stand with one foot on each side of the impression board. Then place one foot on the transfer paper and count to 5. (Weight should be evenly distributed between both feet. One foot on impression board and the other on the floor.)

STEP 5: Gently lift off and discard transfer paper.

STEP 6: Repeat for the other foot.

STEP 7: Allow impression boards to dry completely (about an hour).

STEP 8: After impression boards are dry, place in return envelope and **RETURN WITH THIS SHEET.**

NAME: _____

DATE: _____ **SHOE SIZE:** _____ **OVER 250 lbs:** Yes / No

Circle choices below

SEX: M F **ACTIVITY LEVEL:** LOW MODERATE HIGH

PHONE: _____

EMAIL : _____