

Foot Picture Submission Guide

Step One: *Clean your feet*

Make sure that your feet are free from all smudges, lint and any other objects that might obscure the assessment of the reflexes. **PLEASE NOTE:** If you choose to get a pedicure, please **DO NOT have your toe nails painted**. Even clear polish can disrupt the image of the toe nails.

Step Two: *Secure the right lighting*

White lighting, preferably from above, that will cast even brightness through the feet is preferred. Shadows and inadequate lighting can discolor the feet, so make sure that the feet are well lit in the photos.

Step Three: *Position the feet*

With the feet uncovered and adequate lighting in place, position the feet so that they are evenly spaced apart, but close enough to be captured within the same photo.

Step Four: *Take a photo of the bottoms (soles) of the feet*

Once you take the photo of the soles of the feet, check the photo to ensure it came out well.

Step Five: *Take a picture of the tops of the feet*

Once you take the photo of the tops of the feet, check the photo to ensure it came out well.

Step Six: *Take additional photos of problematic areas (if needed – not required)*

If you are personally concerned with any areas of the feet that you feel might need extra attention, please feel free to take an additional close-up photo of that area for submission as well. Sometimes it does help to get a ‘zoomed in’ angle of a marker in addition to the top and bottom views.

Step Seven: *Email the photos to sam@footwhisperer.com*

Once you have taken all of the photos necessary for submission, please email the photos to sam@footwhisperer.com. Sam will then acknowledge that he has received your submission, pair the photos with your signed *Authorization and Release Form* and begin working on their place within the book.

Should you have any additional question please feel free to email Sam directly at sam@footwhisperer.com. Updates will be posted on social media channels as well as on the ‘Projects’ page of the www.footwhisperer.com website.

