

Create the Body Map of Your Feet and Legs

- Take a photo of your feet and legs. Have someone take it or stand in front of a full length mirror to snap the photo.



- Print out the photo in black and white and cut out your feet and legs.



- Glue your feet and legs to an 8.5 x 11 piece of paper



- Place the outline of your feet and legs in your 3-ring binder

