

STORE: \_\_\_\_\_  
SALESPERSON: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_  
DIAGNOSIS: \_\_\_\_\_

### PRESCRIBED MINIMALIST INDEX

0-20%    20-40%    40-60%    60-80%    80-100%

### OTHER CHARACTERISTICS

#### SPECIFIC COMFORT

metatarsals     arch     Achilles tendon     heel

#### OTHERS

grip     water-resistant     breathable  
 flexible upper     firm upper     light  
 wide forefoot     narrow forefoot     arch support  
 pronation control     deep toe box  
 anatomical last     removable insole

SIGNATURE : \_\_\_\_\_ DATE : \_\_\_\_\_

The Minimalist Index is a scientifically validated scale that quantifies the level of minimalism of running shoes. The score is expressed in percentage, where 100% represents the greatest level of minimalism. The most important aspect when selecting a running shoe is appropriate fitting. Make sure there are no pressure points. A slightly oversized shoe should be preferred to a small or narrow shoe.

Find an expert retailer near you on [TheRunningClinic.com](http://TheRunningClinic.com)

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