

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

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