

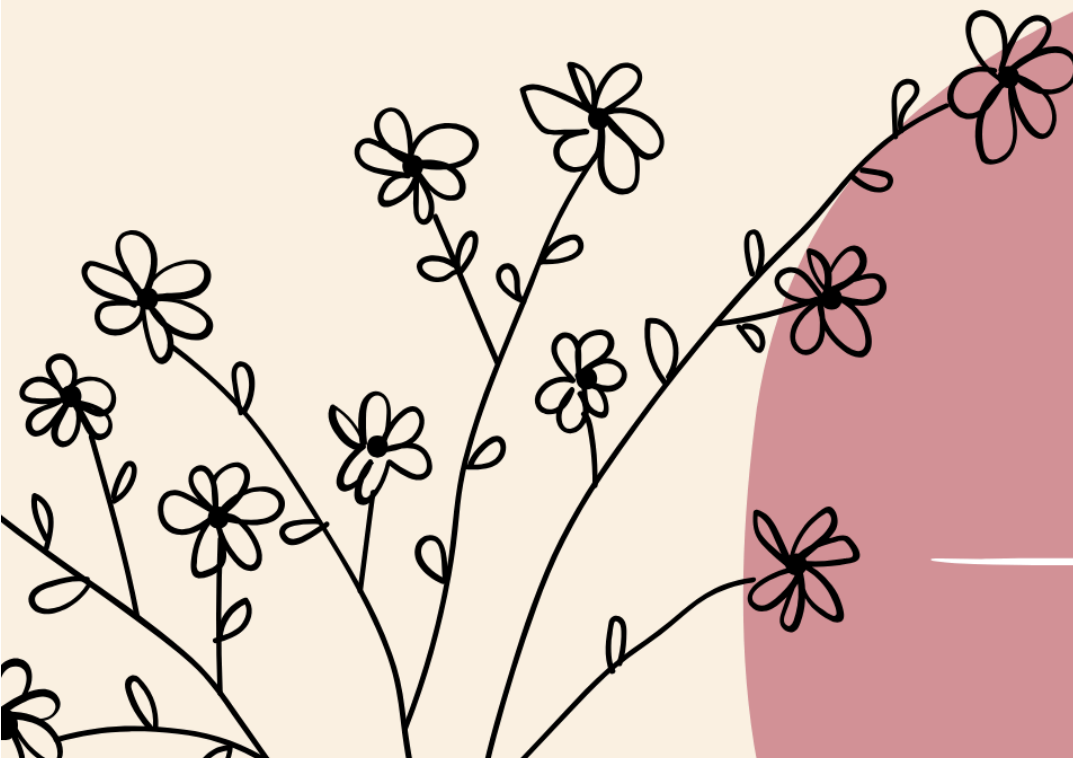


Sock Knitting Tracker

Yarn Enchantment



Name



T A B L E O F

Contents

Project Overview	2
Sock Size & Measurements	3
Cast-On Calculation (Low-Calf Socks)	3
Cast-On/Decrease Calculation (Knee-Highs)	4
Cast-On/Decrease Calculation (Over-the-Knee Socks)	4-5
Sock Progress Tracking	6
Flexible Checklist: Heel Flap	7-8
Sock Toe Decrease Chart	9
Notes & Adjustments	10

Printable Sock Knitting Tracker

For more information, check out my blog post "[How to Measure Your Foot & Calculate Sock Cast-On Size](#)" on my blog and "[Complete Foot and Wedge Toe Sock Guide: Perfect Fitting Socks Every Time](#)"

Project Overview

Project Name: _____

Pattern Name: _____

Recipient: _____

Yarn & Needles

Yarn: _____

Colorway/Dye Lot: _____

Weight: Fingering Sport DK Other: _____

Needle Size: _____ mm / US _____

Needle Type: DPNs Short Circular Magic Loop Trio/Flexi

Needle Material: _____

Gauge Swatch

Swatch Pattern: _____

Measured Sts: _____ Rows: _____

Area: 10x10 cm (4" x 4"): _____

Sts per cm (in): _____ / _____

Rows per cm (in): _____ / _____

Swatch Blocked? Yes No

Sock Size & Fit

Foot Circumference: _____ cm / _____ in

Foot Length: _____ cm / _____ in

Leg Circumference for Knee High Socks: _____ cm / _____ in

Thigh Circumference for Knee High Socks: _____ cm / _____ in

Estimated length for your knee-high socks (measurement from calf to ankle): _____ cm / _____ in

Estimated length for your Over-The-Knee-Socks (measurement from thigh to ankle): _____ cm / _____ in

Shoe Size: _____ (EU/US/UK)

Special Features (bunions, arches, etc):

Note: If using a purchased pattern, you can skip the calculation sections below and use this tracker for progress, yarn/needle info, fit notes, and checklists.

Cast-On Calculation

Cast-On for Classic Low-Calf Socks:

Gauge (from swatch): _____ sts/10cm (_____ per cm) or (_____ sts/4in)

Foot circumference × gauge = _____

Minus 10% for negative ease = _____

Rounded to multiple of 4 = _____ stitches

Note: If you're not planning to knit knee-high socks, you can skip this calculation. I included it here just in case anyone wants to make them in the future

Cast-On for Knee-Highs:

Gauge (from swatch): _____ sts/10cm (_____ per cm) or (_____ sts/4in)

Leg (calf) circumference × gauge = _____

Subtract 10% for negative ease = _____

Round to nearest multiple of 4 = _____ stitches to cast on

Note: Subtract about 3–6 cm (1–2 inches) from the total height you want for your knee-high or over-the-knee socks. This length will be used for the cuff.

Decrease Calculation for Knee- Highs (for calf shaping)

Stitches needed at ankle = _____

Total decreases needed: (Cast-on stitches at calf) – (stitches for ankle) = _____

Decreases per round: usually 2 for symmetry

Number of decrease rounds: total decreases ÷ 2 = _____

Shaping length (distance from calf to ankle): _____ cm / _____ in

Row gauge: _____ rows per 10 cm (_____ per in)

Total rows in shaping section: shaping length × (row gauge per cm) = _____ rows

Rows between decreases: total rows ÷ number of decrease rounds = _____

Cast-On for Over-the-Knee Socks:

Gauge (from swatch): _____ sts/10cm (_____ per cm) or (_____ sts/4in)

Thigh circumference × gauge = _____

Subtract 10% for negative ease = _____

Round to nearest multiple of 4 = _____ stitches to cast on

Decrease Calculation for Over-the-Knee Socks (for calf shaping)

- Stitches needed at calf (widest part): _____
- Stitches needed at ankle: _____

First shaping section (thigh to calf):

- Total decreases needed: (Cast-on stitches at thigh) – (stitches at calf) = _____
- Decreases per round: usually 2 for symmetry
- Number of decrease rounds: total decreases \div 2 = _____
- Shaping length (distance from thigh to calf): _____ cm / _____ in
- Row gauge: _____ rows per 10 cm (_____ per in)
- Total rows in thigh-to-calf shaping: shaping length \times (row gauge per cm) = _____ rows
- Rows between decreases: total rows \div number of decrease rounds = _____

Second shaping section (calf to ankle):

- Total decreases needed: (stitches at calf) – (stitches at ankle) = _____
- Decreases per round: usually 2 for symmetry
- Number of decrease rounds: total decreases \div 2 = _____
- Shaping length (distance from calf to ankle): _____ cm / _____ in
- Row gauge: _____ rows per 10 cm (_____ per in)
- Total rows in calf-to-ankle shaping: shaping length \times (row gauge per cm) = _____ rows
- Rows between decreases: total rows \div number of decrease rounds = _____

Sock Progress Tracking

Step	Sock 1	Sock 2
Cuff Start		
Cuff Length		
Leg Length		
Heel Type		
Heel Start Row		
Foot Length		
Toe Start Row		
Toe Type		
Finish Date		

Flexible Checklist: Heel Flap

Flap Row	Sock 1	Sock 2
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>

21	<input type="checkbox"/>	<input type="checkbox"/>
22	<input type="checkbox"/>	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>
25	<input type="checkbox"/>	<input type="checkbox"/>
26	<input type="checkbox"/>	<input type="checkbox"/>
27	<input type="checkbox"/>	<input type="checkbox"/>
28	<input type="checkbox"/>	<input type="checkbox"/>
29	<input type="checkbox"/>	<input type="checkbox"/>
30	<input type="checkbox"/>	<input type="checkbox"/>
31	<input type="checkbox"/>	<input type="checkbox"/>
32	<input type="checkbox"/>	<input type="checkbox"/>
33	<input type="checkbox"/>	<input type="checkbox"/>
34	<input type="checkbox"/>	<input type="checkbox"/>
35	<input type="checkbox"/>	<input type="checkbox"/>
36	<input type="checkbox"/>	<input type="checkbox"/>

Sock Toe Decrease Chart

Round	Action	Sock 1	Sock 2
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			

