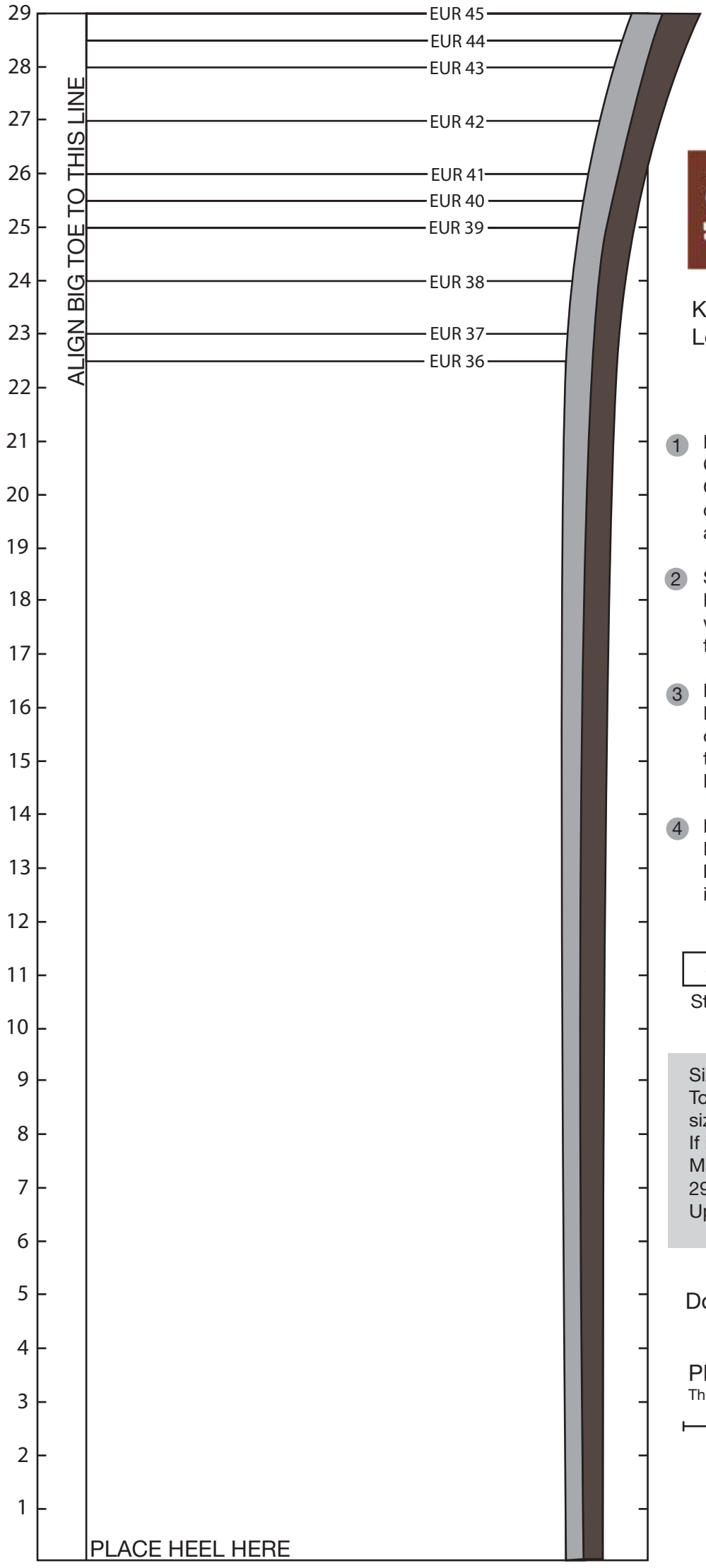


Know your Foot
Length and width measure.

1. Print at 100%.
Choose “Actual size”.
Check that the bar at the bottom of this column measures 5 cm. Tape the sheet to a hard floor.

2. Stand.
Bottom edge of the sheet against a wall. Heel against the wall, weight on the foot.

3. Find length.
Mark the tip of your longest toe. It is often the first or second toe. Step off. Pick the first size line at or above your mark. Past the 45 line? See the 46 or 47 box.

4. Find width.
Mark both sides of the widest part of the ball of your foot. See which region it falls into, if you fall in two, take the wider one.

Sleek	Easy	Breezy
Standard	Wide	Extra wide

Size 46 or 47
Toe between the 45 line and the top edge: size 46.
If it is past the tope edge:
Mark the point and measure how far past 29cm it is, using a ruler.
Up to 1cm is size 46, Up to 2cm is size 47.

Do this on the right foot.

PRINT CHECK:
This bar should measure exactly 5cm