

## INSTRUCTIONS TO MEASURE YOUR SHOE SIZE

1. Place the paper with the ruler on the floor and stand with the weight slightly forward to make sure the foot is flat.
2. Position your heel on the first line where the ruler begins, without moving, mark a point in front of your longest finger. Don't worry, it is common for one foot to be longer than the other, so use the longest foot to measure.
3. Once you have marked the point, remove your foot so that the paper is free.
4. Measure the distance between the first line of the ruler and the point you marked and find your measurement in the size chart to get your best fit. Round up if your size falls in the middle of each centimeter.

