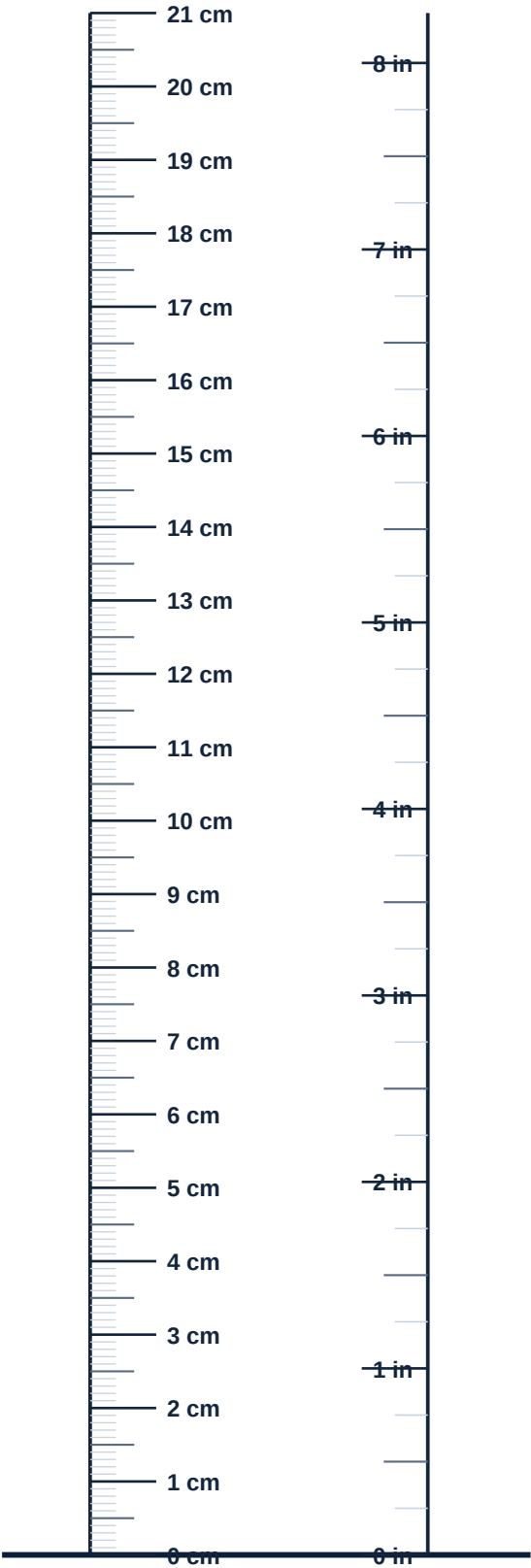




■ **HEEL** — place the back of your heel flat against this line

CALIBRATION — this bar must measure exactly 50 mm (5 cm).



If it doesn't, reprint with scaling set to 100% / Actual Size (never 'Fit to page').

How to measure

- 1. Print at 100% and check the 50 mm bar below.
- 2. Tape this sheet to the floor against a wall.
- 3. Heel to the **HEEL** line, stand with weight on.
- 4. Mark where your longest toe ends.
- 5. Read the cm at the mark. Measure both feet, use the larger. Best done at end of day.

Quick size lookup (foot cm)

cm	US M	US W	UK	EU
22	—	7	5	35.5
23	—	7.5	5.5	36.5
24	7	9	6	38
25	8	9.5	7	39.5
26	9	10.5	8	41.5
27	10	11.5	9	43
28	11.5	12.5	10.5	44.5
29	12.5	—	11.5	46
30	14	—	13	48

Add ~1 cm for comfort

Charts use shoe length, not bare foot.

Brands vary — see the converter.