1.) CHECK THE SCALE
If you printed, faxed or copied this chart, check the scale with a ruler at the left edge.

2.) FIND YOUR SIZE
Align your heel with the line at the base of the chart, it may help to fold the paper on the dotted line. Keeping your weight on your foot, relax your toes. The line that touches your longest toe indicates your size. The shorter lines in between indicate half sizes. Many people have feet of different sizes, measure both feet and select the larger size.

3.) FIND YOUR WIDTH
When measuring your right foot, align your ball joint with the solid line on the left side of the chart. If the outside of your right foot reaches into the grey area on the right, consider a wide width. Repeat with your left foot; align your ball joint with the solid line on the right side of the chart. If the outside of your left foot reaches into the grey area on the left, consider a wide width.