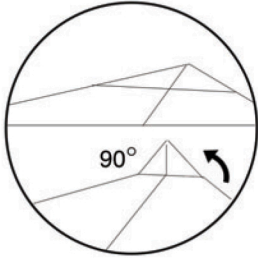


# root your sole



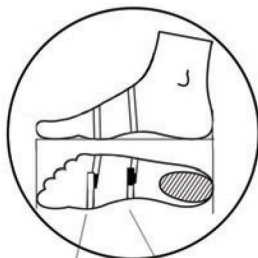
After placing your drivers license or credit card in the scale check to verify that the scale is correct, fold the bottom right corner of the paper to a 90° angle.



Stand on the paper with your foot over the ruler. Place your heel against the vertical flap you just created. This ensures consistency with where your measurement begins.



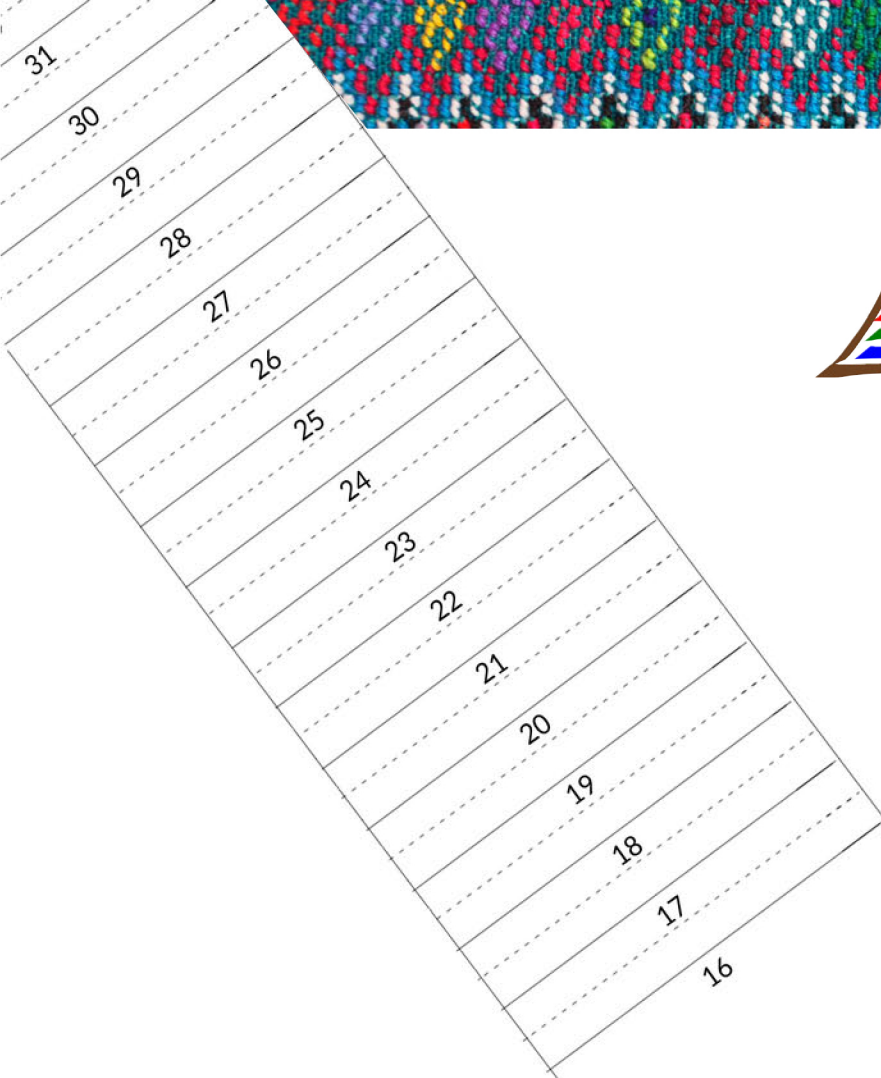
Trace your foot with a straight, slender pen. IMPORTANT: make sure your pen is as vertical as possible, as tracing at an angle can change your shoe size. Repeat this step with your other foot.



BALL INSTEP

Cut the strip ruler off of the right side of the next page. To measure the ball of your foot, wrap the strip around the widest part of your foot (number-side facing out). Once the strip is firmly wrapped around, line the black tab up with the closest cm or half-cm mark. That is your measurement! Repeat with instep on same foot, then repeat both steps on opposite foot. For calf measurement, measure at the fullest point in your calf, rounding to the nearest 1/4 cm.





## CUSTOM SIZE INFO:

NAME \_\_\_\_\_  
 EMAIL \_\_\_\_\_

	<b>LEFT</b>	<b>RIGHT</b>
LENGTH	_____	_____
BALL	_____	_____
ARCH	_____	_____
CALF	_____	_____
TYPICAL SHOE SIZE	_____	

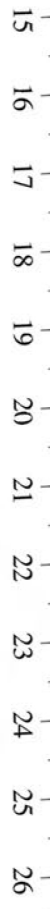
- WIDE
- NARROW
- FLAT FOOT
- HIGH ARCH

Refer to this size chart to double check that your measurements are comparable to your normal shoe size.

Length (cm)	US Women	Europe	US Men
22.25	5	35-36	3.5
22.5	5.5	36	4
23	6	36-37	4.5
23.5	6.5	37	5
24	7	37-38	5.5
24.5	7.5	38	6
24.75	8	38-39	6.5
25	8.5	39	7
25.5	9	39-40	7.5
25.75	9.5	40	8
26	10	40-41	8.5
26.5	10.5	41	9
27	11	41-42	9.5
27.5	11.5	42	10
28	12	42-43	10.5
28.5	12.5	43	11
29	13	43-44	11.5
29.5	13.5	45	12
30	14.5	46	13

Place a credit card  
here for scale

Do not  
"Shrink," "Scale" or "Fit"  
to printable area when printing



Fold this corner up @ 90° angle and align heel bone

Scan without scaling the page and email to [village@teysha.is](mailto:village@teysha.is) and/or mail to Teysha at 1801 S. 1<sup>ST</sup> Street, Austin TX 78704