# MEASURE MY FOOT 

## Finding the right size with the optimal wiggle room is important;

- To ensure full movement of feet and toes
- To not compromise natural walking patterns
- To have sufficient room for growth
- To give the right support and protection


## Follow these simple 1-2-3 (and 4) steps:

1. Print the 'Measure my foot' chart. Print size must be $100 \%$ and 'none' or 'none scaling', to print with correct measurements.
2. Place the foot on the measurement chart, with the heel correctly placed a ccording to the line. No part of the foot/heel should be behind the line.
3. Mark at the tip of the toe. Repeat with the other foot. Use measurement on the chart, according to the longest foot.
4. Insert your size in mm or inches with 3 digits into the size helper on the product page. Select the recommended and optimal size.


Important: Always use and input the measurement ON ALL STYLES as inner measurements vary from style to style.

