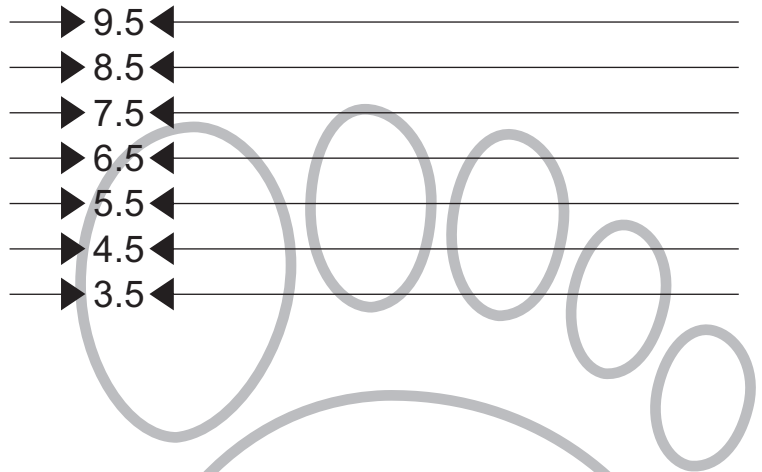


MEASURE YOUR SIZE

ATTENTION !

For an accurate measurement when printing from Acrobat please choose :
File > Print (Properties > set paper options to A4) >
Actual Size > print

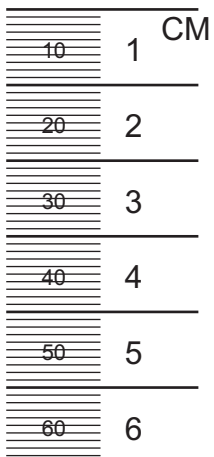


SIZE CONVERSION

US	UK	EU
3.5	2	35
4.5	3	36
5.5	4	37
6.5	5	38
7.5	6	39
8.5	6.5	40
9.5	7	41

Please ensure you have printed to correct size

Check the accuracy of the centimeter ruler below with your own ruler.



Cut along dotted line

Place the heel of your foot against the wall

Place edge of card to wall