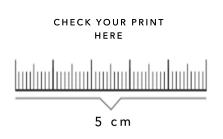
N. 35

If your foot falls between the internal dotted line and the external line, this is the **right** size for you.

If it comes off the external line, try number **36**



Fix the folded sheet on the floor against the wall

Place your bare foot on the sheet, holding the heel leaning against the wall

Check that your foot fits in the two indicated lenghts

Fold the sheet following the dashed line