

# Measure both feet

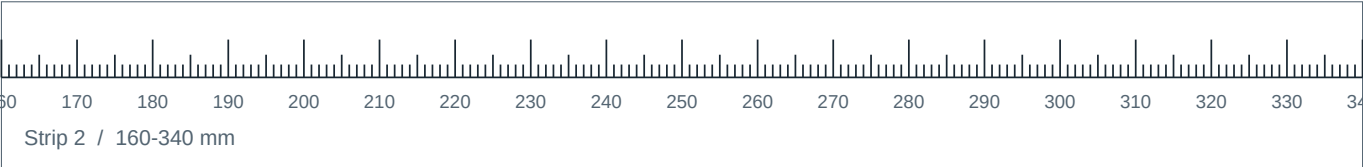
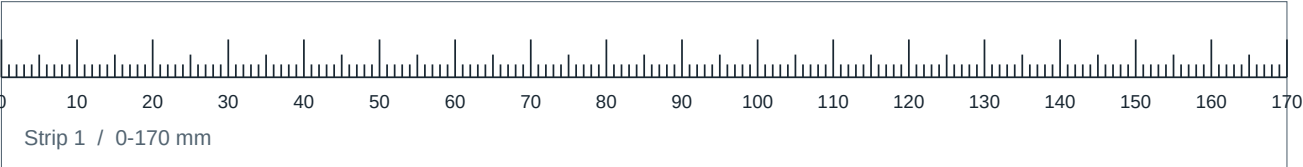
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- 1. Print on the stated paper size at 100% / Actual size. Turn off Fit to page.
- 2. Check the control line with a physical ruler. If it is not 100 mm, do not use this sheet.
- 3. Use a separate sheet to mark heel and longest toe while standing on a hard, flat surface.  
Keep the pen vertical. Measure both feet; record the longer length. Do not add an allowance.



## Cut and join the ruler strips

Align the same 160 and 170 mm ticks in the overlap. Do not join the ends edge to edge.



## Your measurements

|                                          |  |
|------------------------------------------|--|
| Left foot length (mm)                    |  |
| Right foot length (mm)                   |  |
| Left foot width at widest forefoot (mm)  |  |
| Right foot width at widest forefoot (mm) |  |
| Socks / model / notes                    |  |

Use a model-specific manufacturer chart. CM / JP labels may differ from measured foot length.

This sheet does not establish fit or a width grade. See [shoesizeguide.com/brands/](https://shoesizeguide.com/brands/) for sources.

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