

Measure both feet

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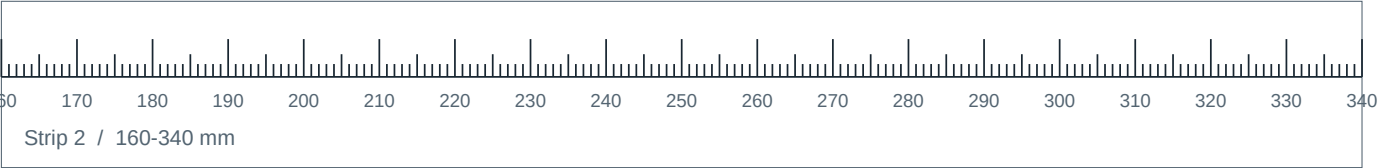
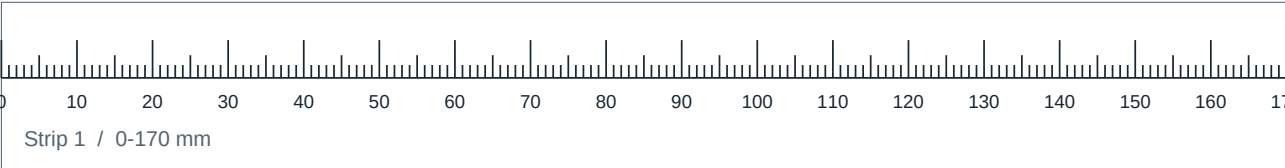
- 1. Print on the stated paper size at 100% / Actual size. Turn off Fit to page.
- 2. Check the control line with a physical ruler. If it is not 100 mm, do not use this sheet.
- 3. Use a separate sheet to mark heel and longest toe while standing on a hard, flat surface.
Keep the pen vertical. Measure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



CONTROL LINE: exactly 100 mm between the vertical marks

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/ for sources.

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