left f
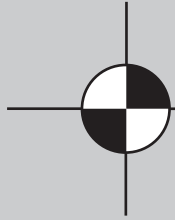
right foot

RIGHT INSTEP

LEFT INSTEP

5

6

7

8

9

10

11

12

1. Stand up

• Take off your shoes
• Position your right heel firmly on heel line

2. Measure the length of your feet

• Keep your socks snug but not restrictive against your toes
• Press your toes flat against base of sizer
• Look straight down over longest toe
• See the line that it touches for your shoe size

3. Measure the width

• Keep your heel on heel line
• Align your right foot's left side to sizer's left side
• Determine where this foot's right edge falls
• Choose your width by the letters in the gray shaded area. ("B" is generally a medium or standard width for Women.)

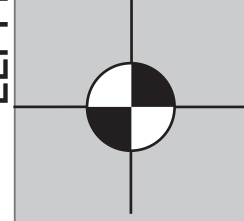***Remember to measure both feet!**

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heel

To Properly Align Size Chart Print Outs for 8 ½" x 11" (letter size) printers

• Print using horizontal (landscape) setting
• Align print out #1 atop #2
• Use ruler diagram at left side
• Match up inch marks of both 8 ½" x 11" sheets
• Fasten print outs with tape