

1. Place this sheet of paper on a flat and even surface.
2. Stand up straight and put your foot on the sheet of paper. Beware to place your heel on the designated spot, at the back of the paper and let your toes loose
3. Read your size using the graduation.

If your foot is located between two sizes, round it up and keep the biggest size in mind


Make sure that the scale is correct. This length must be 2 cm long.

