

## Instructions:

- Use an inch or cm ruler to check the side measurements of page one for accuracy
- While sitting, place your foot on the shaded foot area.
- 3.) Check which size graphic most closely approximates your foot size. Please keep in mind that you might want about 1/4 to 3/8 inch additional length for a comfortable toe fit. In addition, your foot will conform slightly to the shape of the interior of the shoe.
- 4.) We cannot guarantee that a given shoe size will fit your foot. But this visual foot size approximation should help you to find the best shoe size.
- 5.) Drawings are taken from the insole cushion.