

To find the right size, follow these instructions:

- When printing the guide, for Page scaling select None and not Fit to page
- We suggest to check that the ruler is true to size by using a measuring tape or another ruler;
- Fold the paper on the dotted line and place it on the ground, with the heel next to a wall;
- Draw the outline of the foot and measure it from the heel to the big toe;
- Measure both feet and if one is larger than the other, choose as the final measurement the largest one.



