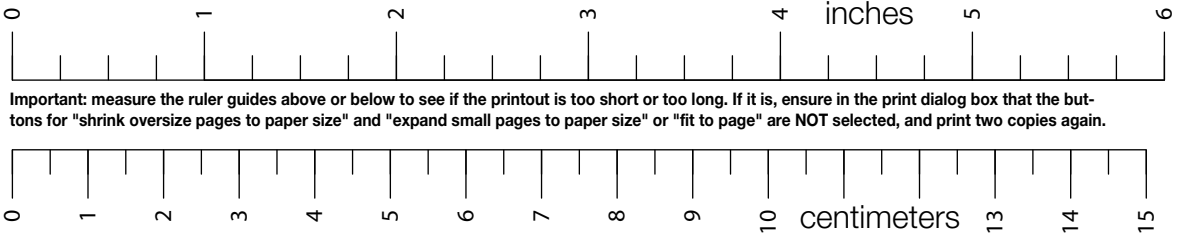




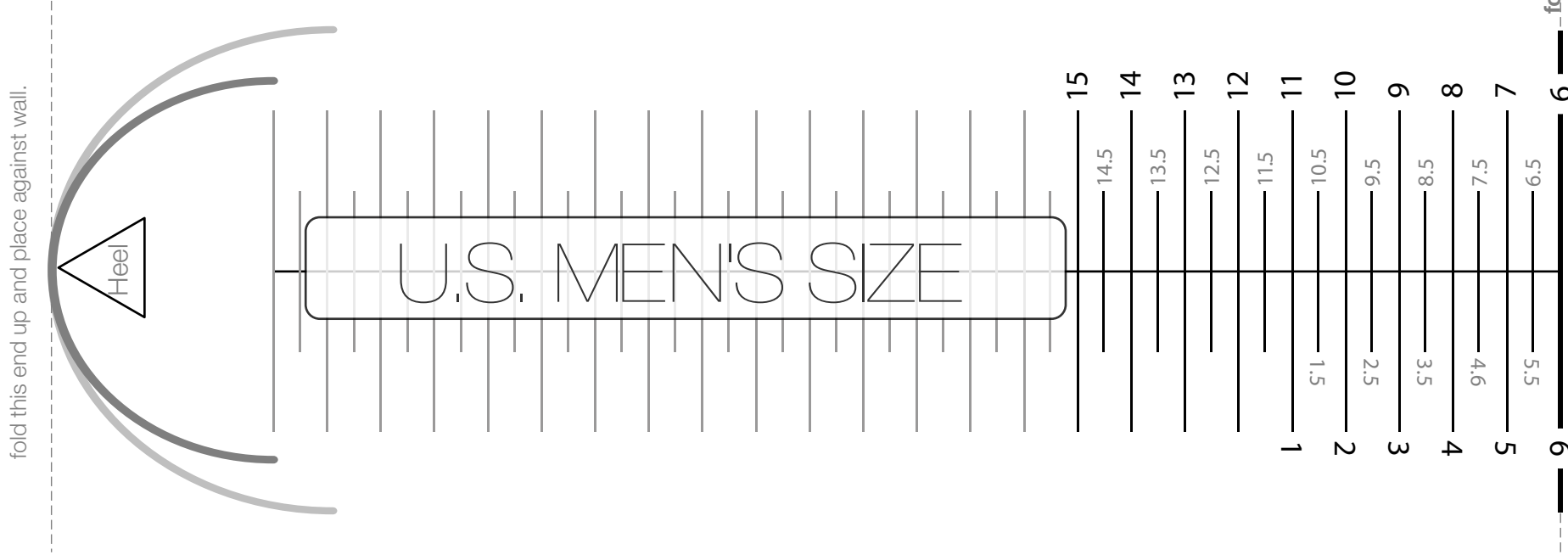
Footwear Sizing Guide



Important: measure the ruler guides above or below to see if the printout is too short or too long. If it is, ensure in the print dialog box that the buttons for "shrink oversized pages to paper size" and "expand small pages to paper size" or "fit to page" are NOT selected, and print two copies again.

Five easy steps:

1. Print two copies of this sheet.
2. IMPORTANT: Measure the ruler guides at the right to ensure proper printout scaling.
3. FOLD the ends of both sheets and TAPE the two dark lines together.
4. Place either heel in the arches against a wall on a hard floor (preferably not carpet) and find your shoe size. Measure both feet and select the largest. Women: take the guide results and convert to women's size using the table at the bottom of the page.



fold this end up and place against wall.

US Men	Women	UK	Japan	France
		0K	85	
		1K	90	17
		2K	95	18
		3K	105	19
		4K	115	20
		5K	120	21
		5.5K	125	22
		6K	130	23
		6.5K	135	23
		7K	140	24
		7.5K	145	25
		8K	150	25
		8.5K		26
		9K	155	26
		9.5K	160	27
		10K	165	28
		10.5K	170	28
		11K	175	29
		11.5K	180	30
		12K		30
		12.5K	185	31
		13K	190	31
		13.5K	195	32
1	2	13.5K	195	32
1.5	2.5	1	200	33
2	3	1.5		33
2.5	3.5	2	205	34
3	4	2.5	210	35
3.5	4.5	3	215	35
4	5	3.5	220	36
4.5	5.5	4	225	36
5	6	4.5	230	37
5.5	6.5	5	235	38
6	7	5.5		38
6.5	7.5	6	240	39
7	8	6.5	245	40
7.5	8.5	7	250	40
8	9	7.5	255	41
8.5	9.5	8	260	42
9	10	8.5	265	42
9.5	10.5	9	270	43
10	11	9.5	275	44
10.5	11.5	10	280	44
11	12	10.5	285	45
11.5	12.5	11	290	46
12	13	11.5	295	46
12.5	13.5	12	300	47
13	14	12.5	305	47
13.5	14.5	13	310	48
14	15	13.5	315	48
14.5		14	320	49
15		14.5	325	49
16		15	330	50
		15.5	335	
17		16	340	
18		17	350	
19		18	360	
20		19	370	
21		20		

fold and tape 2 pages together here