



# Foot Sizing Chart

For shoe sizing accuracy, we recommend printing both pages of this document on 8.5"x11" paper at 100% (full size).

11" —	<b>WIDE WIDTH ZONE</b>	13 ————— 13	<b>WIDE WIDTH ZONE</b>
		12 ————— 12	
		11 ————— 11	
10" —		10 ————— 10	
		9 ————— 9	
		8 ————— 8	
9" —		7 ————— 7	
		6 ————— 6	
		5 ————— 5	
8" —		4 ————— 4	
		3 ————— 3	
7" —			
6" —			
5" —			

4" —

3" —

2" —

1" —

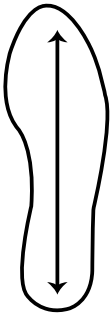
0" —

*REMINDER:*

Be sure to leave shoes off when using this chart to determine your size.

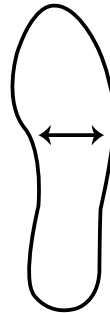
**Place Heel Here**

Use inches to verify printout accuracy.



## Find Your Size

Here is a quick summary: You put your right foot in, you take your right foot out, you put your left foot in...stop there. Need more explanation? Place your heel along the solid line at the base of the chart. Place your weight on the foot that you are measuring and relax your toes—kind of feels nice after those pumps, huh? The line that touches your longest toe indicates your size. The shorter lines in between show half sizes. You will want to measure both feet and purchase shoes to fit the larger foot.



## Find Your Width

Stop scrunching. When measuring your right foot, align your instep (the center of your foot) with the solid instep line on the left side of the chart. If the outside of your right foot reaches the grey Wide Width Zone, you should consider trying wide widths to breathe a sigh of foot relief. Repeat the process with your left foot.