1. After having printed the fitting chart, please verify that the scale is good by measuring the scale on the bottom left of the page. If it is 5cm, you have printed the fitting chart in the right format.

2. While standing, align the heel of the bare foot on the chart using the black line as a guide.

3. Once the foot is completely flat, mark with a pencil the tip of the foot.

4. If the measurement is in between two sizes, we advise you.