

# WOMEN'S FOOT SIZING CHART

12" —  
11" —  
10" —  
9" —  
8" —  
7" —  
6" —

Consider a

**WIDER WIDTH**

if your **LEFT FOOT**  
significantly overlaps this grey area.

15	_____	15
14	_____	14
13	_____	13
12	_____	12
11	_____	11
10	_____	10
9	_____	9
8	_____	8
7	_____	7
6	_____	6
5	_____	5
4	_____	4

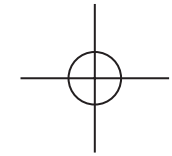
Place your Right  
instep here.

Place your Left  
instep here

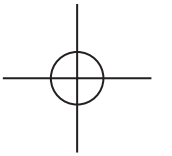
Consider a

**WIDER WIDTH**

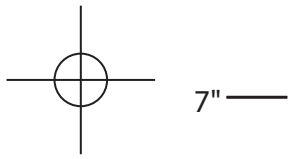
if your **RIGHT FOOT**  
significantly overlaps this grey area.



Use the '+' mark  
to align 8.5" x 11"  
printouts



Use the '+' mark  
to align 8.5" x 11"  
printouts



Use the '+' mark to align 8.5" x 11" printouts

7" —

6" —

5" —

4" —

3" —

2" —

1" —

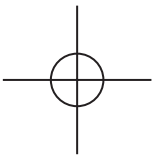
0" —

Use the inch markings to verify printout accuracy



Your heel should touch, but not completely cover the bold line

**YOUR HEEL GOES  
HERE**



Use the '+' mark to align 8.5" x 11" printouts

\* Once you have printed the (2) 8.5" by 11" copies, line up the cross-hairs and tape the two sheets together.

\*Gently tape the paper to the floor so it doesn't move.

\*Stand, placing each foot, one at a time on the sizing grid. Record measurements.

\* Measure both feet as they are seldom both exactly the same.

\* Be sure to measure from the **heel** to your **longest** toe, which may not be your first toe.

\*This grid will help you determine your foot size. Actual shoe size may vary between brands and styles.

\*This grid most accurately reflects proper athletic footwear sizing.

\*When selecting footwear, always fit the longer foot.