FIND YOUR SIZE
Align your heel with the solid line at the base of the chart. Keeping your weight on your foot, relax your toes. The line that touches your longest toe indicates your size. The shorter lines in between the numbered lines indicate half sizes. Since many people have feet of different sizes, it's important to measure both feet. You should purchase shoes in the larger of your two sizes.

FIND YOUR WIDTH
When measuring your right foot, place the inside edge of your foot along the solid black line on the left side of the scale. If the outside edge of your foot falls into the PINK area on the right side of the scale, you may want to consider a WIDE width. If it falls into the ORANGE area on the right side of the scale, you may want to consider a WIDE WIDE width. Repeat the same procedure for your left foot using the opposite side of the scale.