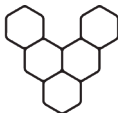


		CM
6	39	25.5
5	38	24.9
4.5	37	24.2
3.5	36	23.5
3	35	22.8
2	34	22
1	33	21.3
13	32	20.7
12	31	20.1
11.5	30	19.4
11	29	18.7
10	28	18.1
9	27	17.4
8.5	26	16.7
8	25	16
7	24	15.4
6	23	14.7
5	22	14.1
4.5	21	13.4
4	20	12.7
3	19	12.1
2	18	11.4

PLACE TOES

PLACE HEEL

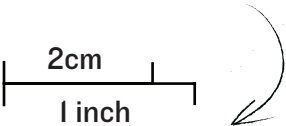


VIVOBAREFOOT

MEASURE YOUR BAREFOOT

TODDLER, PRESCHOOL,
KIDS AND JUNIOR UK
& EU SIZING

CHECK YOUR
A4 PRINT SIZE



SIZING

1. Print the guide to 100% and check the 2cm or 1 inch measuring line with a ruler to make sure it is printed to scale
2. Place your heel on the mark and check your heel alignment with a ruler
3. Mark the position of your longest toe on the chart, it might be your big toe or second toe
4. Repeat steps 2 and 3 with your other foot
5. Allow 6-14mm additional toe space from the end of your longest toe for grow room and optimal natural foot movement.
*Remember: feet grow by up to 11mm per year between ages 6 to 15



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