



SIDI SHOE SIZER

1. Print this document on a black and white or color printer
2. Cut Part 1 and Part 2 along the dashed lines to make two strips each 10" long
3. Tape the two parts together so that the red lines touch to make one continuous strip that measures 20"
3. Remove your shoes and socks. While standing, align your heel against the edge of the line noted and measure the **length** of both of your feet. The bigger foot (most people have a bigger foot) is the size to use.
4. In the box below, note your name, the date, and which METRIC (European) length size (the middle row of numbers) your foot is.
5. For men, measure the distance between the two widest points on your foot (usually just under the ball of your foot). Subtract 1/5-inch. This is the number you will use to determine your foot width. Check the **Width Table** to the right to determine the width of your foot based upon that measurement and the size of your foot.
6. Check the chart on the next page to determine which shoe(s) might work best for you.

WIDTH TABLE

MENS			
Size	Narrow	Medium	Wide
37.5	3.3"	3.5"	3.7"
38	3.3"	3.6"	3.8"
38.5	3.4"	3.6"	3.8"
39	3.4"	3.7"	3.9"
39.5	3.5"	3.8"	3.9"
40	3.6"	3.8"	4.0"
40.5	3.6"	3.9"	4.1"
41	3.7"	3.9"	4.1"
41.5	3.8"	4.0"	4.2"
42	3.8"	4.1"	4.3"
42.5	3.9"	4.1"	4.3"
43	3.9"	4.2"	4.4"
43.5	4.0"	4.3"	4.4"
44	4.1"	4.3"	4.5"
44.5	4.2"	4.4"	4.6"
45	4.3"	4.5"	4.7"
45.5	4.4"	4.6"	4.8"
46	4.5"	4.7"	4.9"
46.5	4.7"	4.8"	5.0"
47	4.8"	5.0"	5.1"
48	4.9"	5.1"	5.3"
49	5.0"	5.2"	5.4"
50	5.1"	5.3"	5.5"
51	5.3"	5.4"	5.6"
52	5.4"	5.6"	5.8"

Name	Date	Length	Width
			N M W
			N M W
			N M W