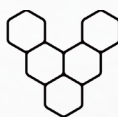
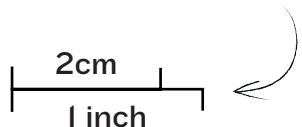




CHECK YOUR
LETTER PRINT SIZE



VIVOBAREFOOT

MEASURE YOUR BAREFOOT MEN

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 between 6-14mm additional toe space from the end of your longest toe for optimal natural foot movement - wider feet may prefer more than 14mm space and narrower feet may prefer just less than 6mm



FIND OUT MORE

PLACE HEEL