



DATE		FOOT LENGTH	
	L	0 0 0 0	cm
	R	0 0 0 0	cm
/	L		cm
	R	0 0 0 0	cm
/	L		cm
	R		cm

It is recommended to select a pair of shoes with 5-10mm (about a half inch / one EU size)

Measure once every three months

to check the size



