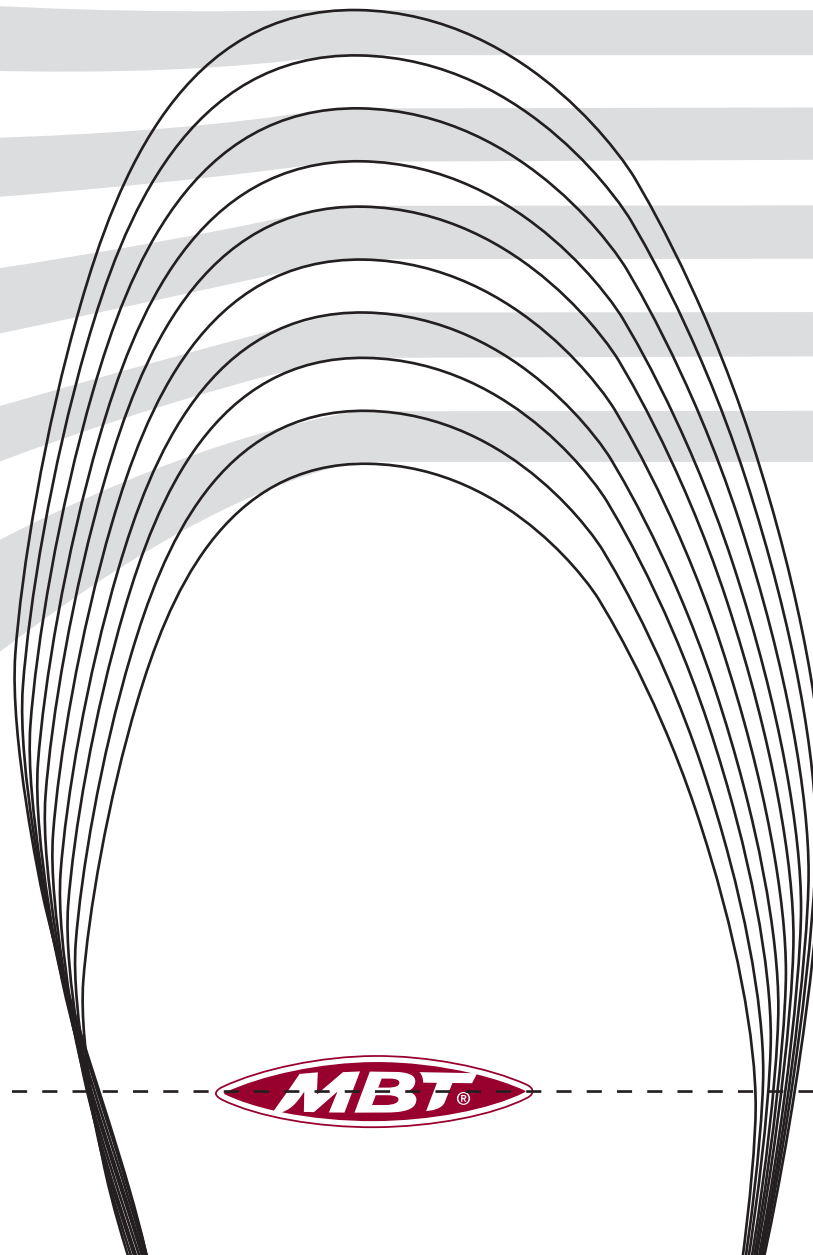


**MBT Men**  
New

EUR	UK
47	12
46	11
45	10.5
44	10
43	9
42	8
41	7
40	6.5
39	6
38	5



Please align here.



Please align here.

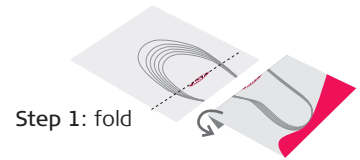
Please fold here.



Please fold here.



**TIP:** The MBT logos should match exactly when you line them up. Tape the two pieces together for easy use.



Step 1: fold



Step 2: align & tape together

**FOLD HERE AND PLACE YOUR HEEL ON THE EDGE**

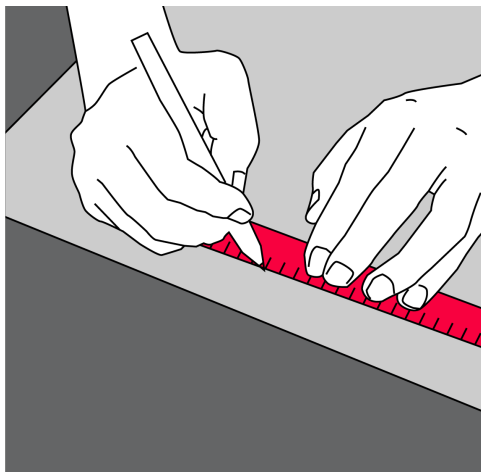
**MBT Women**  
New

EUR	UK
43	9
42	8
41	7
40	6.5
39	6
38	5
37	4
36	3.5
35	3

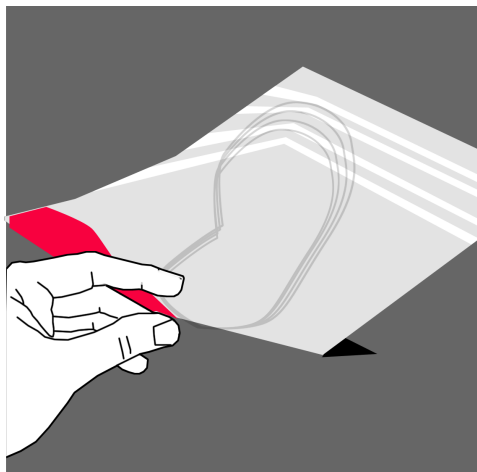


FOLD HERE AND PLACE  
YOUR HEEL ON THE  
EDGE

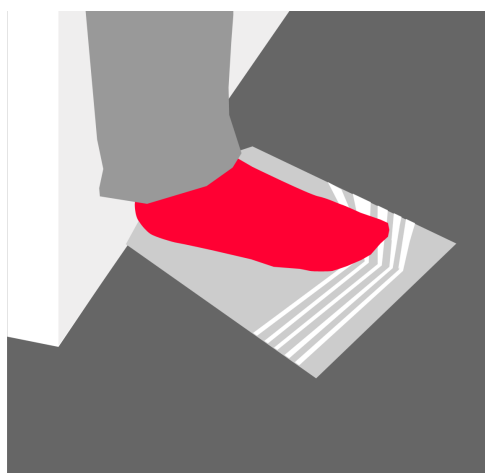
# MBT Size Guide Instructions



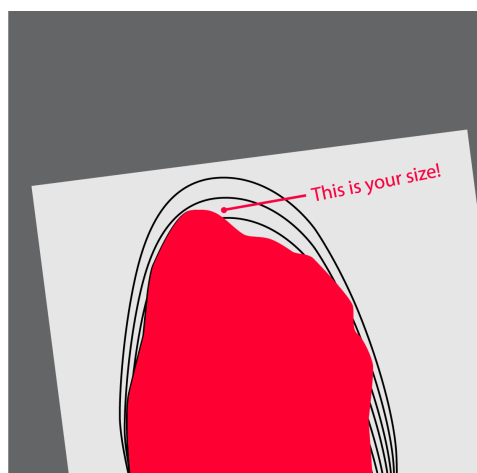
Using the ruler, double check the scale of the printed page. Your ruler should match the printed page scale exactly. If it doesn't match, select the "no scaling" option on your printer settings before printing out the sizer.



Fold the paper on the line indicated and place your sizer against the wall.



Wearing your socks, stand on the sizer with your heel against the wall on the line indicated.



The region where your toes rest comfortably is your ideal MBT size.