



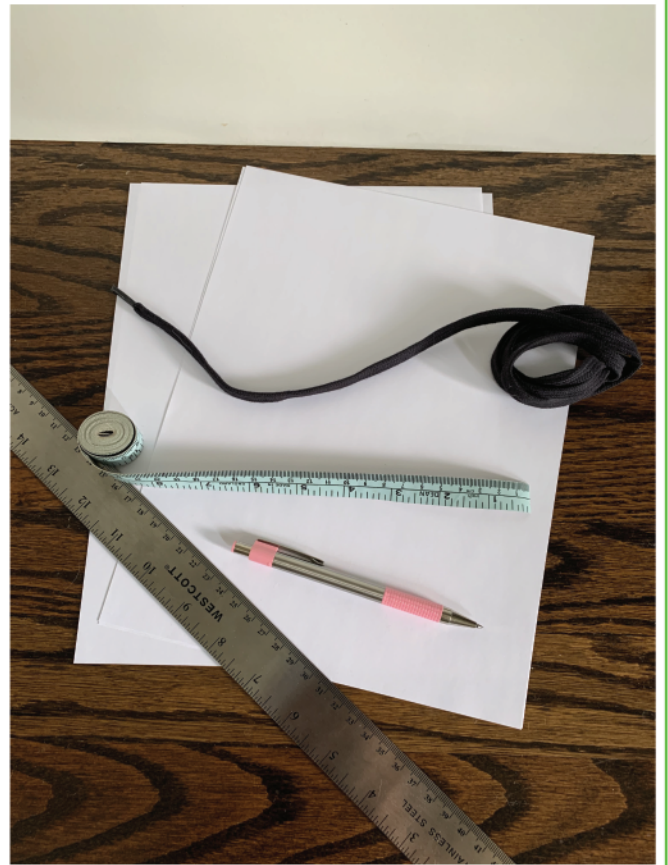
## BUILD YOUR OWN SNEAKERS

### How To Measure Your Feet For A Perfect Fit.

#### Getting Started

##### What you need:

- ◆ Two sheets of paper (one for each foot). If your feet are longer than 11 inches, you may need to tape two sheets together for each foot.
- ◆ A pen.
- ◆ A ruler.
- ◆ One of the following: a cloth measuring tape, thin piece of non-stretch string, or thin non-stretch shoelace.
- ◆ A solid flat surface perpendicular to the floor to rest your heel against.



If you have difficulty standing and bending over, ask a friend or family member to take the measurements for you.

#### Biopods Definition of a Perfect Fit

By perfect fit we do not mean shoes that wrap snugly around your feet.

Rather, we believe perfect fitting shoes allow your feet to function and move dynamically as they would optimally do in a barefoot environment. Biopods shoes should fit loosely and accommodate your foot width, length, and girth without creating pressure points or restricting movement.

If you have questions, please email us at: [info@biopods.com](mailto:info@biopods.com)

### How To Measure Your Feet For A Perfect Fit.

#### IMPORTANT: READ FIRST

**Our system only accepts measurement inputs in Millimeters and Inches:**

**When measuring in millimeters:** Measure to the closest full number. Fractions are not required.

**When measuring in inches:** Measure to the closest 1/8" or 1/10" then use the table to convert 1/8" fractions to 1/10" decimals. Our system only accepts measurements in inches with decimal fractions (i.e., 10.125").

**Print out these Instructions:** Follow the Steps and use the accompanying form to record the measurements for each person's BioPods shoes.

1/8 of an inch	=	1/10 of an inch
1/8"	=	.125"
1/8" or 1/4"	=	.25"
3/8"	=	.375"
4/8" or 1/2"	=	.5"
5/8"	=	.625"
6/8" or 3/4"	=	.75"
7/8"	=	.875"



Place your foot on a piece of paper so that the **paper and the back of your heel are both flush against a flat wall or door frame.**



Use a pen to draw a line around your forefoot, along both sides, and around your toes, as shown.

### How To Measure Your Feet For A Perfect Fit.



Draw a line “A” at the middle of the ball of the foot (1st metatarsal head). Draw line “B” at the middle of the 5th metatarsal head (behind the little toe).

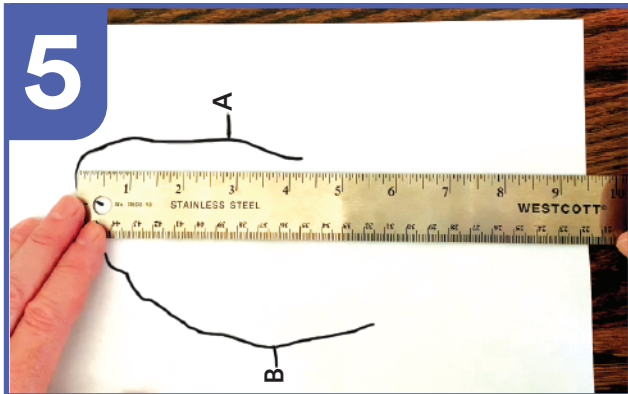


To measure the Forefoot Volume, use a cloth tape measure, piece of string, or shoelace and wrap it around the top and sides of the widest part of the forefoot, touching lines A to B. If you are using a shoelace or piece of string, hold it to a ruler to measure the length. Write down the number.

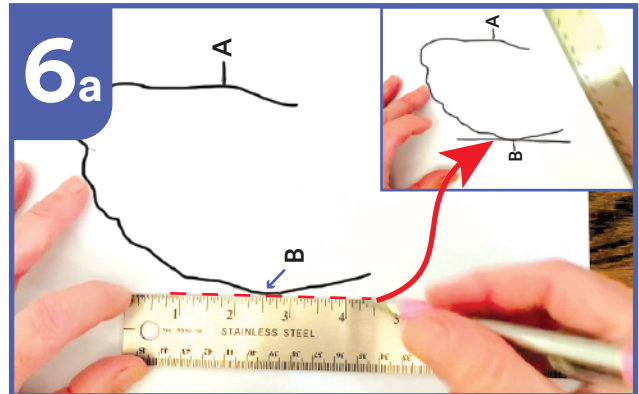
# biopods®

## BUILD YOUR OWN SNEAKERS

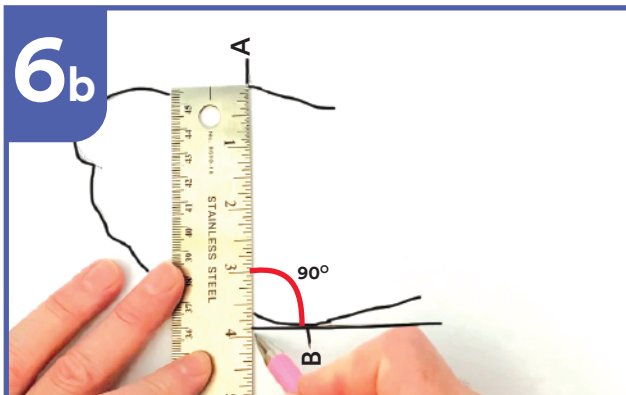
### How To Measure Your Feet For A Perfect Fit.



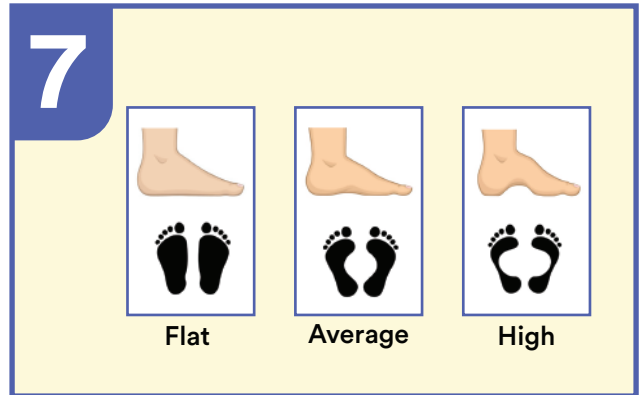
Use the ruler to measure foot length from the longest toe to back edge of the paper. Write the number down. In this example, the length is 9.5".



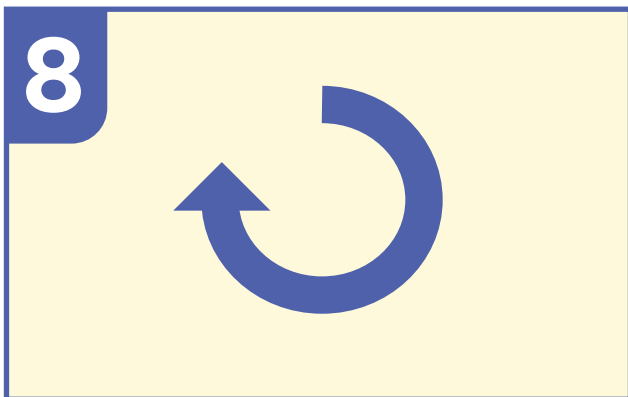
Place the ruler parallel to the foot's center line along point B and draw a line.



With the ruler 90 degrees to the line, measure the foot width from the ball of the foot (at A) to the line. In this example, the width is  $3 \frac{7}{8}$ " so the number to write down is 3.875". Write your number down.



Make note of arch height and write it down (e.g., Flat, Average, or High).



Repeat Steps 1 – 7 with the other foot.

Measurements	L	W	V	Arch Height
Left Foot				
Right Foot				

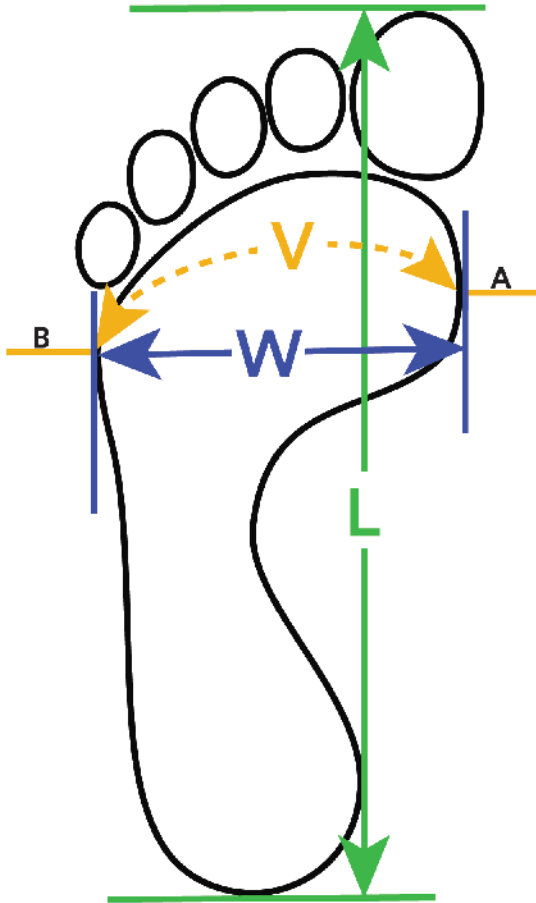
Arch Height	Footprint Diagram
Flat	
Average	
High	

Inches	Centimeters
1/2"	1.25cm
3/4"	1.875cm
1"	2.54cm
1 1/4"	3.175cm
1 1/2"	3.8125cm
1 3/4"	4.4375cm
2"	5.075cm
2 1/4"	5.7125cm
2 1/2"	6.35cm
2 3/4"	6.9875cm
3"	7.625cm

Use the accompanying form to record your measurements.

### Foot Measurements



### Arch Height



Flat



Average



High

**IMPORTANT:** If you took your measurements barefoot, add 3 mm (0.12") to your foot lengths if you want to wear your Biopods footwear with socks.

<b>Name:</b>				
<b>Measurements:</b> <small>(Enter Millimeters or 1/10" decimals only *1)</small>	<b>L</b> (Length)	<b>W</b> (Width)	<b>V</b> (Volume)	<b>Arch</b> (Height)
Left Foot				
Right Foot				

1/8 of an inch	1/10 of an inch
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3/8"	= .375"
4/8" or 1/2"	= .5"
5/8"	= .625"
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7/8"	= .875"

\*1 Our system only accepts measurements in millimeters or in inches with 1/10" fractions (i.e., 10.125"). If you are measuring in inches, please measure to the closest 1/8" or 1/10" and use the table above to convert 1/8" fractions inches to 1/10" decimals.