

Honest Size foot ruler

A4 - page 1 of 2

Print at 100% / Actual size

Choose the matching paper size. Turn off Fit to page.

Check before measuring: this bar must be 5 cm.

5 cm

1. Print and measure the check bar.
2. Cut at 0 cm and put the cut edge at a wall.
3. Stand with your heel on the cut edge.
4. Mark your longest toe; read the scale.
5. Repeat on the other foot. Use the longer length.

Longer than 27 cm? Print page 2 and tape it on.

Match all three overlap ticks: 24, 25 and 26 cm.

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Cut along this line. Put the cut edge against the wall, heel on it.

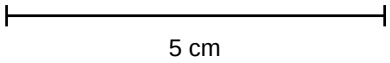
Honest Size foot ruler

A4 - page 2 of 2

Print at 100% / Actual size

Choose the matching paper size. Turn off Fit to page.

Check before measuring: this bar must be 5 cm.



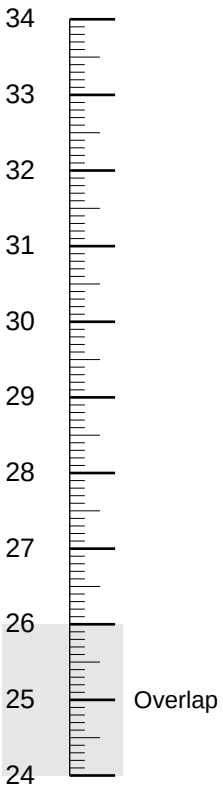
Extension: 24 to 34 cm

Check the bar on this page before joining.

Keep page 1’s cut edge as your 0 cm.

Overlay the shaded zones, then match all three ticks: 24, 25 and 26 cm. Keep the scale straight.

Tape the pages together without a gap.



Line these up with page 1, then tape.

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