WOMEN'S SIZE & WIDTH TOOL

new balance.

15	15
14	14
13	13
12	12
11	11
10	10
9	9
8	8
7	7
6	6
5	5
4	4

MATCH CREDIT CARD SIZE HERE

(1) PRINT on 8.5" x 11" paper, landscape at 100% scale with "fit to page" turned OFF. Check scale accuracy here using any credit card.

(2) ALIGN & SECURE page 1 to page 2 using the paper alignment guides. Fold page 2 up at the dotted line.

FIT TIPS

- Measure in the late afternoon when feet are largest due to swelling.

- Choose the larger size if feet are between sizes or one foot is bigger than the other.

- Re-measure your feet each year. Your size and width can change over time and the correct fit is important for comfort and performance.

PAPER ALIGNMENT

PAPER ALIGNMENT

3

FIND YOUR SIZE by placing your heel on the semicircle below and aligning the back of your heel with the paper or a wall. Measure each foot separately and be sure to put your full weight on your foot. For the most accuracy, measure with the back of your heel against a wall.

new balance

**PLACE
HEEL HERE**

4

FIND YOUR WIDTH by measuring the widest part of each foot horizontally. Use the larger of the 2 measurements to find your width size using the chart on page 3.

13 12 11 10 9 8 7 6 5 4 3 2 1

cm

FOLD UP ALONG DOTTED LINE AND ALIGN WITH BACK OF HEEL OR WALL

A   WOMEN'S SIZING & CONVERSION GUIDE

US Women	US Men	UK	EU	Length (cm)
4	2.5	2	34	21
4.5	3	2.5	34.5	21.5
5	3.5	3	35	22
5.5	4	3.5	36	22.5
6	4.5	4	36.5	23
6.5	5	4.5	37	23.5
7	5.5	5	37.5	24
7.5	6	5.5	38	24.5
8	6.5	6	39	25
8.5	7	6.5	40	25.5
9	7.5	7	40.5	26
9.5	8	7.5	41	26.5
10	8.5	8	41.5	27
10.5	9	8.5	42.5	27.5
11	9.5	9	43	28
11.5	10	9.5	43.5	28.5
12	10.5	10	44	29
12.5	11	10.5	45	29.5
13	11.5	11	45.5	30
13.5	12	11.5	46	30.5
14	12.5	12	46.5	31
15	13	13	48	32

B   WOMEN'S WIDTH GUIDE

US Women's Standard Running Size	Narrow (2A) in cm	Medium (B) in cm	Wide (D) in cm	Extra Wide (2E) in cm
5.0	7.8	8.1	8.5	8.8
5.5	7.9	8.3	8.6	8.9
6.0	8.0	8.4	8.7	9.0
6.5	8.1	8.5	8.8	9.2
7.0	8.2	8.6	8.9	9.3
7.5	8.3	8.7	9.0	9.4
8.0	8.4	8.8	9.2	9.5
8.5	8.5	8.9	9.3	9.6
9.0	8.6	9.0	9.4	9.7
9.5	8.7	9.1	9.5	9.8
10.0	8.8	9.2	9.6	9.9
10.5	8.9	9.3	9.7	10.0
11.0	9.0	9.4	9.8	10.1
11.5	9.2	9.5	9.9	10.2
12.0	9.3	9.6	10.0	10.3
12.5	9.4	9.7	10.1	10.4
13.0	9.5	9.8	10.2	10.5