

# QUICK TIPS<sup>®</sup> LITE

## Heel Cap Sizing Guide

### CAP SIZES:

X-Small	7-9 mm
Small	9-11 mm
Medium	11-13 mm
Large	13-15 mm

### INSTRUCTIONS:

- 1) Print this page at 100%. Uncheck any “Scale to fit page” checkboxes.
- 2) Place your heel inside sizing guide below. If you’re between sizes, we recommend choosing the smaller size.



### NO-PRINT INSTRUCTIONS:

To scale this Sizing Guide on your phone, tablet, or computer, use a coin. Resize the screen so your coin fit exactly inside the dashed lines.



Quarter



Dime



Nickel



Penny

**QUESTIONS?** Contact us at [info@gogoheel.com](mailto:info@gogoheel.com)