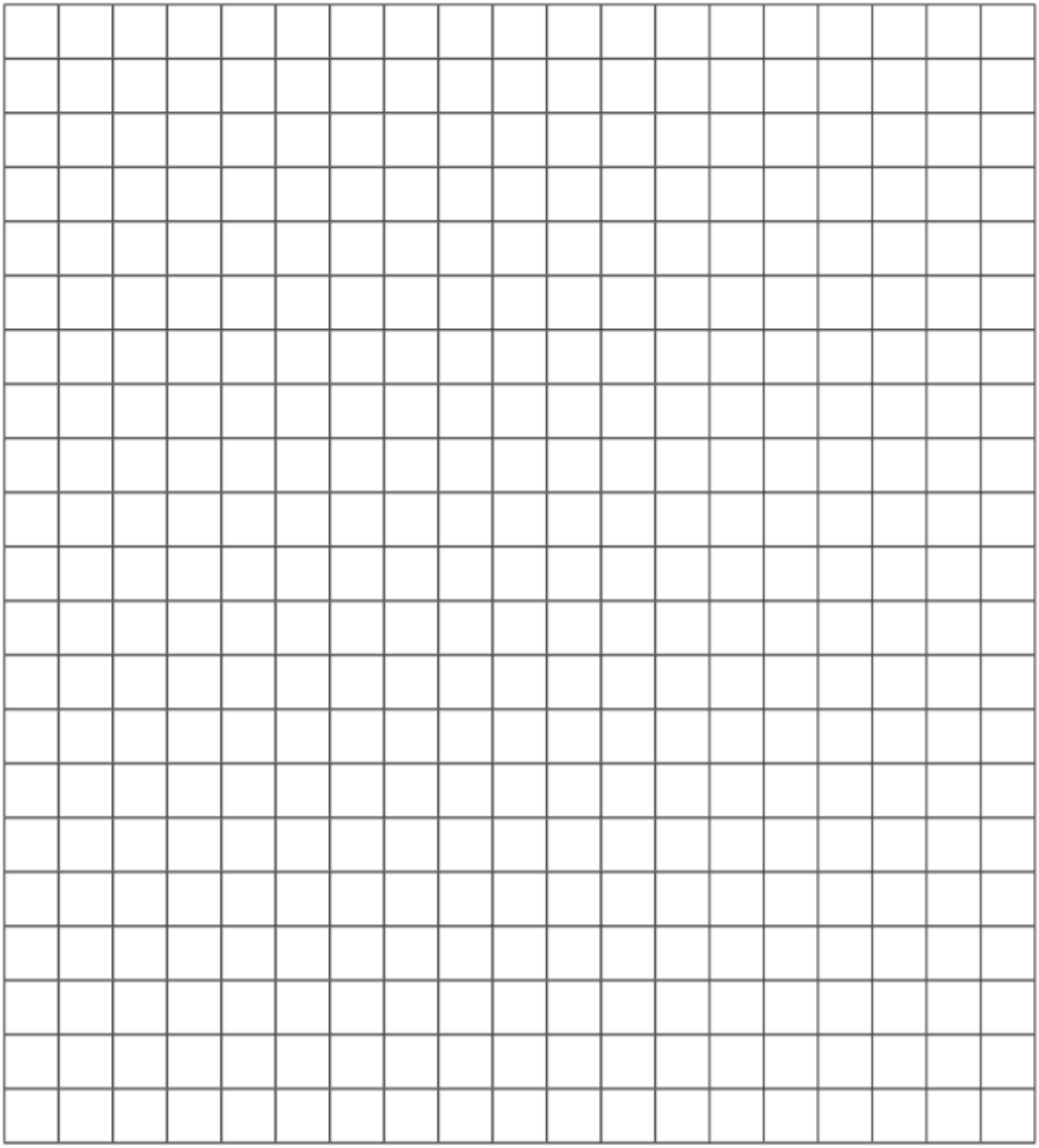
Use this squared paper for your shapes.

You might need to print more than one sheet.