

Before and After Photo Tips

- The day before you start your challenge, pick an uncluttered spot for your photo, against a white or light colored wall.
- Wear comfortable but form fitting clothing.
- Take the photo vertical mode instead of horizontal. You'll want to see yourself from head to toe, close enough to see some details.
- Take one full front shot and 1 side profile shot.
- If you can get someone to take the shots, great! If not, use a timer — and a tripod, if you have one. Typically 10 seconds is just enough time to get into place.
- Look straight ahead, and smile if you want. Relax and don't suck in your stomach.
- **Full Front View:** Stand up straight with your feet hip-width apart. Arms are at your side but floating off your hips a bit — so you can see the shape and width of your hips.

Full Side Profile View: Stand up straight, arms hanging down at your side. Make sure your hands are in the middle of your thigh. You don't want your hand blocking the outline of your thighs or buttocks.

Example of a before and after side profile photo progression.

