

BEFORE & AFTER PHOTOS

1. Make sure your hair is tied back and off of your neck.
2. Put on your sports bra/ tight t-shirt and shorts or swimsuit. We need to see your body and this is the only way to measure your progress.
3. Take multiple photos of each side during each session so you have a few choices to pick from. Stand in the same spot for all photos - same room, same lighting. I recommend taking two to three in each position. Then, when you upload your photos to your computer or laptop, you can pick the one that looks the best.
4. You want to take three sets of photos.

FRONT - stand hip width distance apart with your arms straight by your side with your hands facing your hips. Don't worry about sucking in, just let your body take position.

RIGHT SIDE - same as front, hip-width distance, palms facing in.

BACK - same as above.

Please hold a sign/piece of paper with the date clearly written on the paper when submitting pictures. It is not required that you submit pictures each week for the challenge but you can certainly do so for the accountability if you'd like. At the end of the 12 weeks, please submit your Week 1 and Week 12 photos (with the date on sign in photo).

