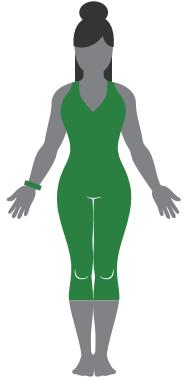


HOW TO TAKE PROGRESS PICS



GET THE WHOLE PICTURE!

Take full length body shots.
(examples to the left)



KEEP PROGRESS PICS CONSISTENT!

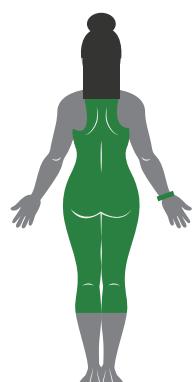
Take photos in the same location at the same time of day. Find a blank wall, free of pictures and furniture.

GET THE LIGHTING RIGHT!

Take progress pics in a well lit room so that they're clear and focused. It's also best not to have the main source of light directly behind you.

TAKE PHOTOS FROM MULTIPLE ANGLES!

Capture progress pics from the front, back and both sides.



THAT LOOKS GOOD ON YOU!

Take pics wearing the same outfit each time. For women we recommend a sports bra and shorts or leggings, and for men, sports shorts or swim trunks.

BE HONEST AND RELAX!

Remember, visual tracking is for your own benefit. Be honest with yourself by taking relaxed photos without flattering angles. Once you look great in a relaxed state you know you've made it!

REMEMBER: In all of your progress photos, you must be wearing your DHERBS WRISTBAND included in your package. Any photo taken without the band will not be valid for the challenge.

