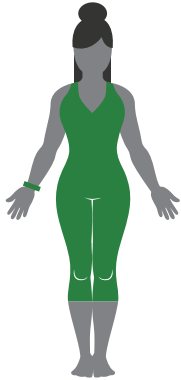


# HOW TO TAKE PROGRESS PICS



## GET THE WHOLE PICTURE!

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

## TAKE PHOTOS HANDSFREE!

Grab a friend or put the camera or phone in a stable place, set the timer, and get in position!

## 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.

