



Take great Before & After photos

A few tips on how to take the best before & after 90 Day Challenge photos

The Dress Code

Men should wear shorts or a swimsuit without a shirt. Women should wear a bikini or fitted gym shorts and a sports bra. Show that tummy and don't suck it in! You likely see your most dramatic transformation in that area.



Stand Up Straight

Head up high, shoulders back and arms relaxed at your sides. Recreate the same pose each time.



Wear the same outfit

Having the consistency of the same clothes will be the best way to show off your transformation.



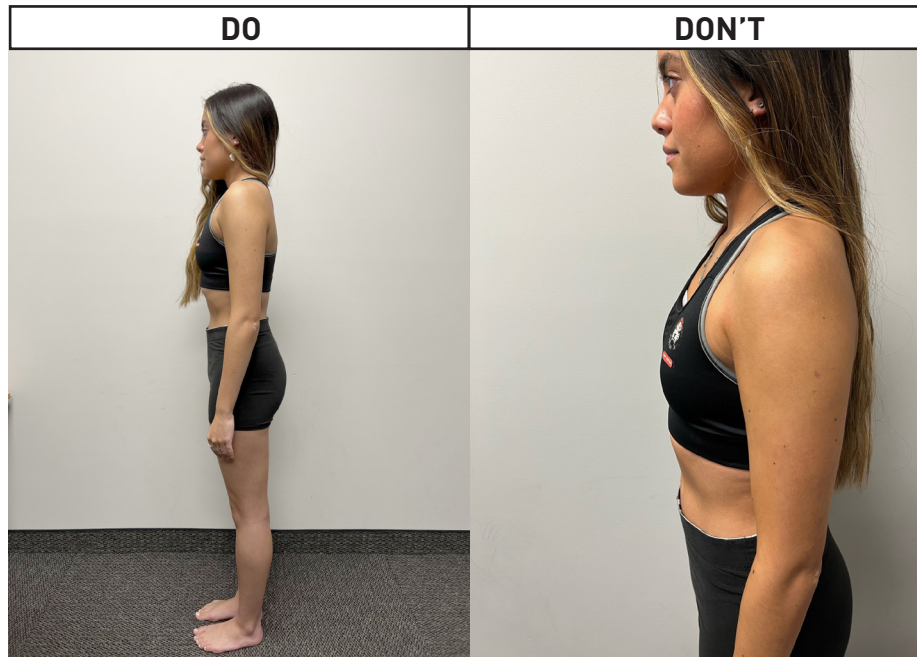
Plain Walls & No Clutter

You are the focus of the photos and want to eliminate any distractions. Take your photos standing in front of a plain wall. Avoid bright-colored walls or walls with distracting patterns. And, clean up!! Remove any sort of clutter behind or around you.



Take a full-body photo at eye level

Avoid mirror selfies. Ask a friend to take your photos or use a tripod with an auto-timer on your camera. Be sure to position your body centered in the frame. This is especially important for photos taken from the back.



Good Lighting.

Lighting can make or break a photo. Try to take your photo in natural daylight. If that isn't possible, ensure that your room is well lit and there is as much light as possible.



Get All 3 Key Angles

To see your full transformation, it is important to capture your front, side, and back. For consistency, always choose the same side each time.

