



How to take the perfect picture:

You are exercising and improving your eating so you can improve the way your body looks and feels. In order to see how far we have come, looking in the mirror and searching for changes isn't very effective. No one notices progress this way. The only real way to document visual progress is to take before, during and after pictures.

Here's how to take them:

1. Stand against a bare wall, wearing your swimming costume or underwear (suggest your best pair of pants!)
2. Set up the camera about five to seven feet away, so it can capture your whole body from head to toe.
3. Make sure the room is well lit. You may need to use the flash when taking your photo. However, make sure there isn't a lot of overhead light; you don't want to cast shadows.
4. Write down exactly how you took the before pictures (camera settings, lighting conditions, how far away the camera was, etc.). This will help you duplicate the same conditions in the future.
5. Take 4 full body photographs - front, left side, right side and back.
6. Consider how these photos will look in the future, you may want to post a before and after, this may sound inconceivable now, but it will help you to make the firm, long lasting change. So consider blocking out your head and face - to keep your anonymity.