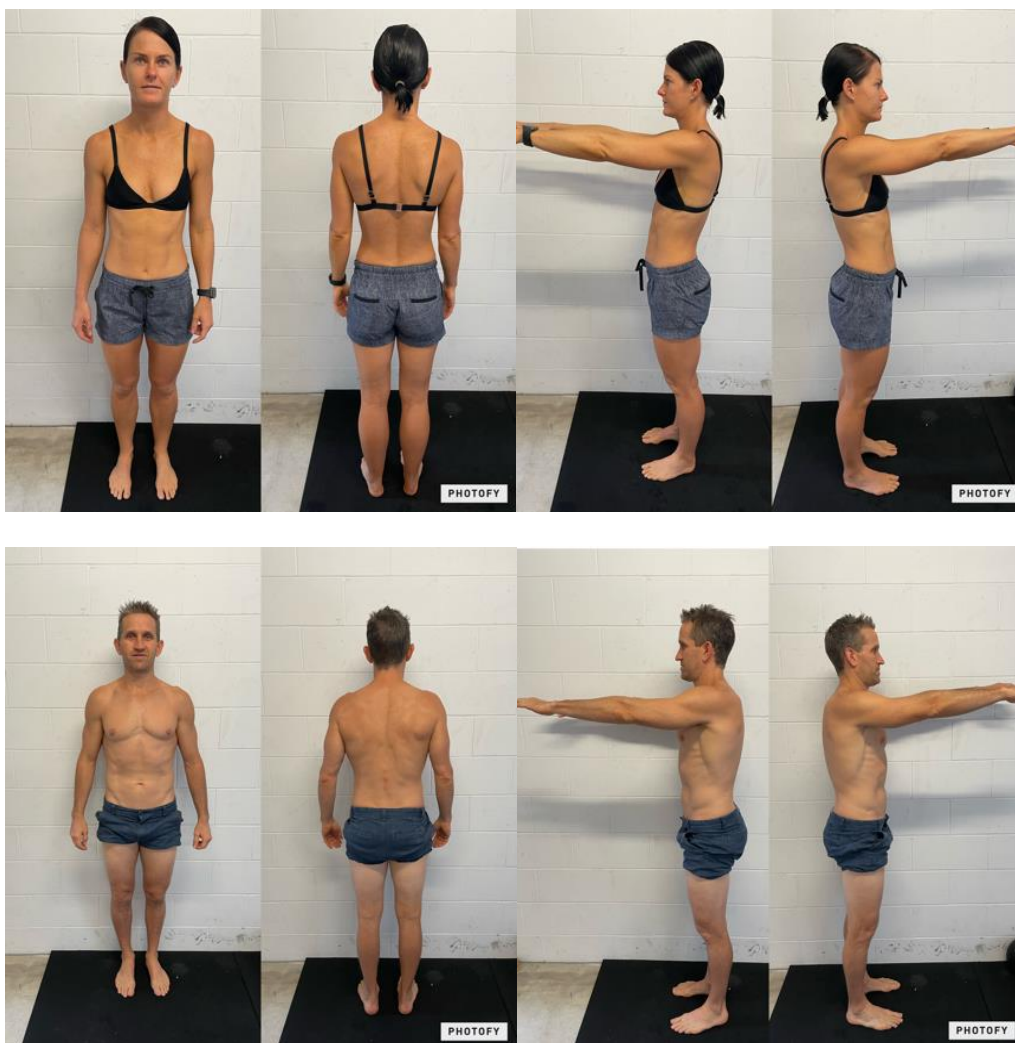


BEFORE & AFTER PHOTO'S



1. Wear something similar each time you take your picture.
2. Form-fitting activewear is best.
3. Your stomach area should be visible, as this is a great indicator of fat loss.
4. Use a plain wall for the background, with no clutter, bright colours or distracting objects in the background.
5. Take a full body photo at eye level.
6. Capture your front, your back & both side images for 4 total photos.
7. Take your photo in natural daylight. If that isn't possible, ensure that your room is well lit.
8. Stand up straight, with your shoulders back and arms relaxed at your sides. Recreate the same position each time.

WEIGHT & CIRCUMFERENCE MEASUREMENTS

1. Weigh yourself first thing in the morning and SMS to Barton.
2. Use a tape to measure the waist at your belly button. This is recommended every 2 weeks.