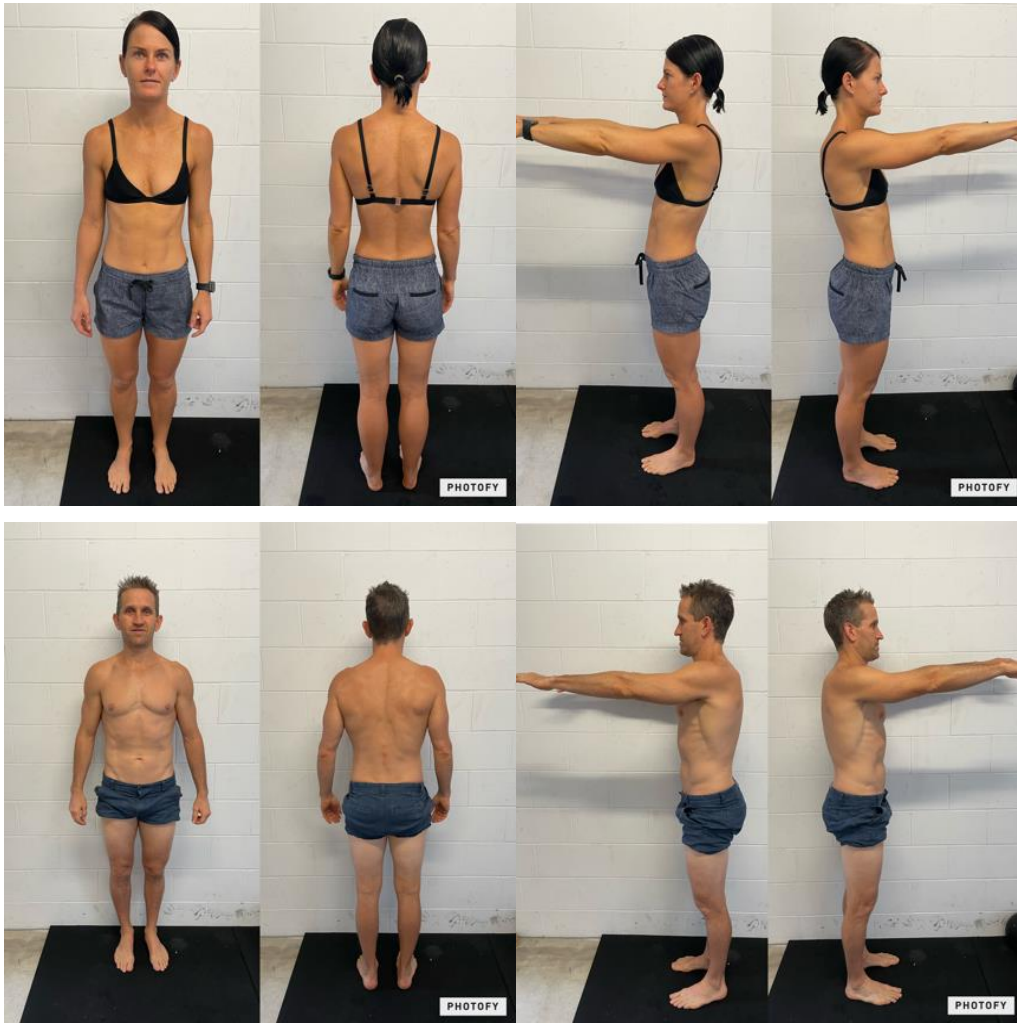


BEFORE & AFTER PHOTO'S



1. Wear something similar every 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 weight loss and/or muscle gain.
4. Use a plain wall. Make sure there is no clutter, patterns, bright colours or distracting objects in the background.
5. Take a full body photo at eye level.
6. Capture your front, back & both side images.
7. 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.
8. Stand up straight, with your shoulders back and down and arms relaxed at your sides. Recreate the same pose each time.

WEIGHT & CIRCUMFERENCE MEASUREMENTS

1. Weigh yourself first thing in the morning on day one. *(If you are interested in tracking your weight throughout the challenge, we recommend using an App called Happy Scale).*
2. Use a tape to measure the waist at your belly button.

	DAY 1	DAY 14
WEIGHT:		
WAIST: <i>(Belly Button)</i>		