

# My Photos

## Taking Your Challenge Photos:

Here are some friendly pointers on how to take photos to show off the awesome results you are about to have.

- › Stand in front of a simple background so that you're the focus.
- › Pick a location where you can take all of your progress photos so the only thing changing is you.
- › A plain wall or door works the best.
- › Use a good camera, in an area with good lighting and have a buddy or tripod to assist you.

## What to Wear:

Wear tight fitting clothing in your photos and show as much of your body as you're comfortable with. Don't be shy, this is the best way to see your transformation and once you hit your goal, these before and after photos will be a great tool to inspire others to join you in the Challenge.

## Photo Entry Requirements:

You'll be taking **6 photos** of yourself in different poses: You never know where you'll see the most change so it's important to get every angle to see your complete transformation!



Front - Hands Down



Front - Bicep Curls



Right Profile - Hands Down



Back - Hands Down



Back - Bicep Curls



Left Profile - Hands Down