



BEFORE & AFTER GUIDELINES

First off, Congratulations! Before and After pictures are pretty vulnerable for most people and the decision to start yours means that you are ready for Transformation!

Think about how long it took you to get where you are today and now realize that a long-lasting result will require several weeks or months to make it happen the healthy way ... so tools to keep you motivated and on track are essential! Please make sure that you tune it to the calls each week to help Inspire your inner greatness.

With LIVING 2B, Before and After photos are a great way to objectively document your progress along the way!

There will be times where your hard work doesn't feel like it is paying off ... when the weigh scale doesn't change or possibly goes in the wrong direction!

Even though we know that the scale doesn't decipher between muscle, fat, or bone it's hard not to get discouraged.

Pictures, on the other hand, provide an objective tool that can show physical change over time to keep you focused and motivated along the journey towards your fitness goal.

BEFORE & AFTER PHOTOS - GETTING STARTED

Before you take your first "baseline" photos, it's best to plan your long-term game plan.

- 1 Determine the timeline for your photos, meaning that it is best to take photos on a regular basis. (i.e., every 7, 14, 21 or 28 days)
- 2 Choose a location to take your photos (uncluttered space with a white background - i.e., wall or door)
- 3 Choose an appropriate outfit to showcase the contours of your body (shorts without a shirt for men; sports bra and shorts or a bikini for women)
- 4 Have someone available to take girth measurements and photos (ideally the same person every time)
- 5 Make sure you take high quality images to ensure showing the changes when you compare pictures over time. Be sure to include the face.

BEFORE & AFTER PHOTOS - TAKING GREAT PHOTOS

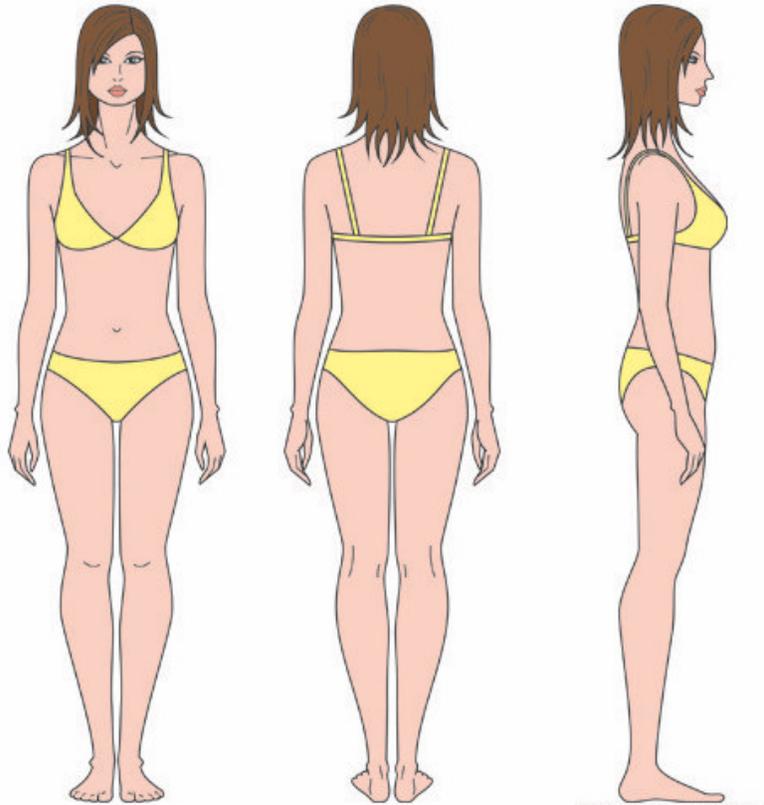


Image For Women: Before and after photos - front view, side view, and back view.

Guidelines for All:

When it comes to measurements (photos, girth measurements, weight, etc.), it's important to be consistent and keep conditions the same wherever possible.

Below is a checklist for the day you take measurements and photos:

- 1 Take accurate measurements and from the same location each time. (i.e., chest, abdomen, hips, thighs, calves, arms).



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- 2 Mark a spot on the floor where you will have the camera and a spot where you will stand to take your photos (this ensures the size and proportion of the images are consistent).
- 3 Position the camera so that you take the same angle and depth of a picture, ensuring that the image is formatted correctly. This also ensures that you see everything from head to toe.
- 4 When taking photos, stand upright and look straight forward for all three views (front, side/profile, and back).

BEFORE & AFTER PHOTOS - 3 BASIC VIEWS

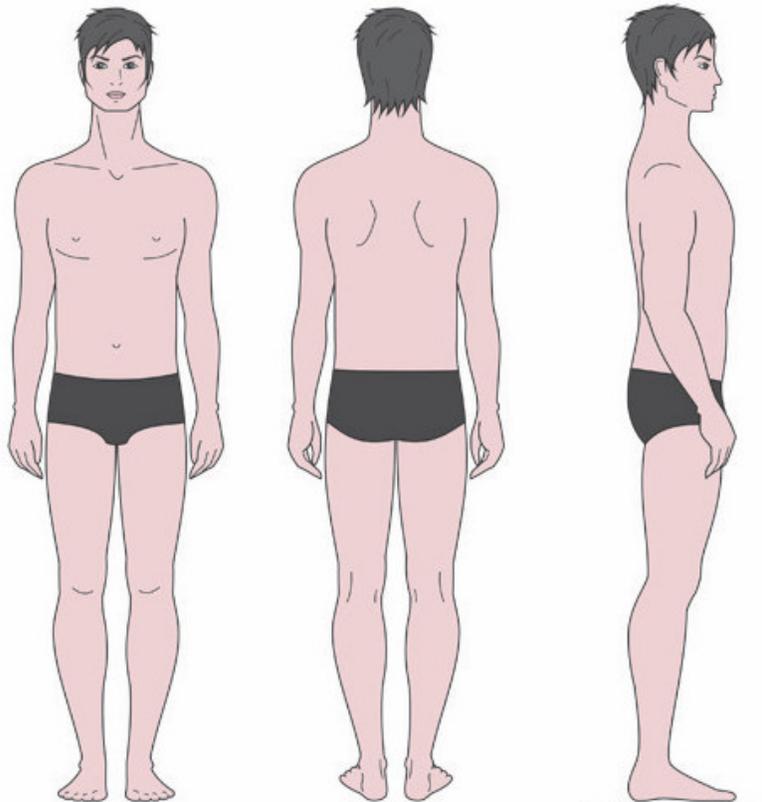


Image For Men: Before and after photos - front view, side view, and back view.



Guidelines for All:

Again, the three most basic shots to take include a front view, side/profile view, and a back view.

Front View - Stand up straight with your feet hip-width apart. Arms are at your sides, but Not Touching your hips (this is so that you can see the shape of your hips and side). Do not twist at the hips or it will create an illusion that doesn't truly show how your body is changing.

Side View - Stand up straight with shoulders back and arms hanging down at your side. Make sure your hands are in the middle of your thigh, so as to ensure that your hand doesn't block the outline of your hips or thighs.

Back View - This will be the exact same set up as the front view but with your back to the camera.

NOTE: If your camera does not have a "date stamp" to accurately date when the picture was taken, take an addition front view photo holding a newspaper, or on your iPhone, with the date on it. Of course, make sure the date can be read clearly in the photo.

BEFORE & AFTER PHOTOS - SAVING THE INFORMATION

Best time of the day to take photos is in the morning before you have had any breakfast, or beverages. You will also want to measure and weigh yourself at the same time each day as well.

Once you've gathered all of the information and images for the day, make sure to do the following:

- 1) On Your Computer, create a folder with LIVING 2B Before and After and today's date (i.e., LIVING 2B Before & After - January 7, 2018).
- 2) Upload all of the photos to this folder marked with the date. To help with the sorting, be sure to "date" each photograph and differentiate them by the photo view. For example, Front January 7 2018, Side January 7 2018 or Back January 7 2018).
- 3) Document your girth measurements in a Word/Pages document and include the date in the file name. For example, Measurements - January 7 2018.



When you take the time to carefully document your progress you will more likely enjoy the transformational journey because it will allow you to see the subtle changes that are not noticed by the naked eye.

It will also allow you to be less likely to doubt your progress and celebrate the small victories along the way.

We are excited to be sharing this journey with you.

For any questions, please contact us immediately.

- Your LIVING 2B Team