

How to Take Progress Photos

How to take your progress photos:

- The best time to take your progress photos is first thing in the morning, before you eat.
- The best items to wear for your photos are: a bikini/underwear or a crop top and shorts/tight gym leggings for ladies and shorts/underwear only for men.
- Make sure to wear the same clothing each time you take your photos.
- Stand upright with your feet shoulder width apart and your hands slightly away from your body.
- Try to have a plain wall or background in your photos.
- Ideally get someone else to take the pictures or use a hands-free option.
- Take a full-length picture from the front, side and back.
- Upload the photos onto the app using the “add progress photos” option.
- You will need to update your photos every 4 weeks.



Front



Side



Back

How to Take Your Measurements

Weighing Yourself & Taking Measurements:

- When weighing yourself, do it first thing in the morning, after you have been to the bathroom and before you eat or drink anything. Ideally weigh yourself naked.
- When measuring yourself, do so in the morning, before you exercise or eat, preferably in your underwear. Use the same underwear each time you do your measurements.
- Use a non-stretchable tape measure and stand in a relaxed position when measuring.
- When taking waist measurements, do not suck in or push out the belly.
- Make sure the tape measure is level around each body part - not too tight or too loose and always measure at the same point on each body part every time.
- Take measurements for 1 side of the body only to input into the app (right or left).

Neck

Place one end of the tape measure at the fullest part of your neck and wrap it around to the start point to get the measurement.

Chest

Place one end of the tape measure at the fullest part of your chest, wrap it around (under your armpits, around your shoulder blades and back to the front) to get the measurement. The measurement should be taken on your out breath.

Arm

Wrap the tape measure around the widest part of your upper arm from front to back and around to the start point.

Waist

Measure at its narrowest point width-wise, usually just above the navel.

Hips

Feet together, measure around the widest part of the hip, bringing the tape around your butt and back to the start point.

Thigh

Measure around fullest part of upper leg while standing.

Calf

Measure around fullest part of calf while standing.

