



## Progress Photo Guidelines

In the interest of seeing body composition changes it's recommended that you take some awesome progress photos. So grab a camera (cell phone can suffice) and take some snap shots of your "before" physique.

You will take these "progress" photos every 4-6 weeks and save them on your camera, computer or to really motivate yourself post those on a private group or with loved ones. Doing this will really give you an objective view.

In order to take some quality photos, start by doing:

1. Ideally wear a small pair of shorts (men) or a swimsuit (women) and stand against a bare wall if possible.
2. Set your camera (or camera person) 5-7 feet away from you so that it can capture your whole body from head to toe. You can use a tripod if you can't find a buddy to help take them for you.
3. Be sure the room is bright enough and that you use the flash when taking your photo. Try not to be in a position where there is too much overhead light as you will cast shadows.
4. Write down exactly how you took the before photo (lighting, camera settings, conditions camera distance, etc.) This will keep your photos consistent every time you have to take photos in the future.
5. Take a total of 4 photographs: front, left side, right side and one of your back.
6. If you're bold and daring and want that extra motivation and decide on posting on the web, feel free to block out your head and face for anonymity.

Here are a few examples of what your progress photos should look like:



Taking photos of yourself can be very intimidating, the camera lenses sees everything. Just remember that you're not hiding anything! When you're working with Darryl Rose Fitness, I use the Precision Nutrition process and it's all about honestly assessing where you are today and making the necessary changes to improve your outcome tomorrow.