

TAKING BEFORE AND AFTER PHOTOS

Take Three Photo's

1. Facing the front holding a newspaper (with today's date) so the cover is facing the camera.
2. Facing the front with hands by your sides without the newspaper.
3. Facing the side without holding the newspaper (side profile).

Clothing

- Please wear shorts or fitted pants and a tight fitting sleeveless top or sports bra (if a woman). Please wear the same type of clothing in the "before" and "after" photos
- Please remember that if you are covering up parts of your body it will be difficult to show your progress
- Do not wear baggy clothes.
- It will be helpful to have one photo facing forward and one from side view
- Make sure the background where you take your photo isn't cluttered. A blank wall is ideal.

Photos

- Please include your whole body, from head to toe.
- Professional photographs are not necessary, but the photos must be clear and in focus.
- Photos may be taken inside or outside. If taking them outside, take them in either the morning or the late evening (when the sun is low), as the light is generally better at these times. (Less shadows).
- Take your photos against a plain background
- To ensure your "before" and "after" photos turn out, DON'T WAIT UNTIL THE LAST MINUTE TO GET THEM PROCESSED! If you use a digital camera be sure to print out immediately
- Please submit high quality format photos (at least 300 mb)
- Please stand with your arms at your sides in the "before" and "after" photos. Even while holding the newspaper, hold with one hand to your side. No posing please!
- Fill the photograph with yourself. If you stand too far away it may be hard to see your great results.
- Copyrighted photos will not be accepted unless a signed release of use to Modere is provided along with photographs. All photos become the property of Modere and will not be returned. Please have duplicates made and keep a copy of these photos.

SAMPLE BEFORE PHOTO #1

Date of my FRONT "BEFORE" photo: ____/____/____ (example: 01/26/XX)



SAMPLE BEFORE PHOTO #2

Date of my SIDE "BEFORE" photo: ____/____/____ (example: 01/26/XX)



SAMPLE BEFORE PHOTO #3

Date of my FRONT "BEFORE" photo: ____/____/____ (example: 01/26/XX)

