

## How to take progress pictures

Taking progress pictures are important for people to see the amazing changes they are making to their body. Body measurements and the scale will provide you with valuable information on how much weight you are losing but pictures can do what no number can. Your weight will not necessarily show you how much fat you are losing if you are gaining muscle. Being able to visually see the transformation to your physical appearance is not only beneficial to see how your hard work is paying off but it can be very motivational to continue on with your journey. Below are some tips on taking your progress pictures.

- You want to take pictures that you will be able to show off later. Keeping this mind, choose something you are comfortable with other people seeing whether it be in a swimsuit or fitted clothing. They should be taken over time in the same or similar clothing.
- Begin taking pictures at the start of your fitness journey.
- Use a plain background free of distractions and a solid color.
- Take front, back, and side pictures. Take a few and keep the ones you want to save. Be sure they are taken in the same place each time.
- Do not try to alter your body in any way to distort the image. Let the picture be taken naturally without flexing or sucking in your stomach so you can see accurate and amazing results.
- Take new pictures about once a month.

If you are comfortable with making your results public, please let me know if I am able to publish them on my website. It will not only help me grow as a trainer, but you will help to motivate others to start their journey as well. Any pictures shared are strictly private and will not be shared without a completed consent form.