

BEFORE & AFTER GUIDELINES

“Before” photos can be a way to motivate you to get started, and are a great way to track your progress.

Looking at your photos daily helps you stay focused on your goal. Keep your “before” photos out where you can see them (e.g., on the refrigerator or mirror).

TIPS FOR TAKING YOUR PHOTO:

- Use a simple location for your background, uncluttered, in front of a wall, no windows
- Take the photo in portrait mode instead of landscape so you can see yourself from head to toe
- Attire should be form fitting (e.g., exercise clothes or tank tops) to show your shape
- If you can, get someone to take the shots; if not, use a timer and a tripod (10 seconds usually works)
- Lighting is key, so be sure to have the area well lit for your photo

WHAT SHOTS TO TAKE:



FRONT VIEW:

Stand up straight with your feet hip-width apart, arms at your sides but off your hips, so you can see the shape and width of your hips.



FRONT VIEW WITH POSE:

Same as previous view but flex your biceps in a classic weight trainer's pose.



BACK VIEW:

The same as front view, but with your back to the camera.



SIDE VIEW:

Stand up straight, arms hanging down at your sides. Make sure your hands are in the middle of your thighs. You don't want your hand blocking your outline.

AFTER YOU'VE TAKEN THE PHOTOS:

E-mail your “before” and “after” photos to Shaklee at: beforeandafter@shaklee.com. (If you're e-mailing photos from your phone, please pick the option to send photos at actual size when prompted.)

AFTER PHOTOS:

Take your “after” photos on the last day of your 100-day challenge. Be sure to smile, have good posture and good lighting, and project energy and enthusiasm. Take the pictures in the same spot and under the same circumstances. Upload them to your Facebook® page using the Shaklee 180™ template and share your 100 Days to Amazing success story!

*If you've lost more than 1–2 pounds a week, add the following to your success story:

Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. Participants following the weight-loss portion of the Shaklee 180 Program can expect to lose 1–2 pounds a week.

REAL RESULTS



Viki, Shaklee Distributor
Lost 46 lbs*

TIPS FOR TAKING YOUR MEASUREMENTS:

Take your measurements the morning of the photo shoot, or the day before. Don't go with measurements that are more than a week old. At the very least, weigh yourself and take measurements of your thighs, hips, and waist. Make sure your measurements are taken in the morning and not after your workout.

CHEST (lift up your arms, wrap the tape measure around your chest, and then lower your arms)

WAIST (at the belly button for consistency)

HIPS (measure the widest part of your hips)

THIGH (left or right, but pick the same spot on your thigh each week)

DATE						
	30 DAYS		60 DAYS		100 DAYS	
CHEST						
WAIST						
HIPS						
THIGH						