


Photos!


You are NOT required to post progress photos! Doing so is a great way to see your progress and help keep you accountable! In order to be eligible for prizes at the end (for biggest transformation) - You need to follow the guidelines below. If you are missing a hand written sign, your photos will be disqualified. At the end of the challenge, typically Friday evening of the last week, a "Final Photo Thread" is posted in the announcements and you will have until a designated time (stated on the post) on Sunday to share your before and afters in those comments.


****Photos do not have to be posted immediately- you can wait until you are comfortable to post.****

Please though, EVEN if you're not comfortable to post, just take pictures for yourself to keep!


RULES for entry for prizes: If your photos do not meet these criteria- they will not be considered for prizes.


 Full body!


 Good Lighting! Avoid shadows!


 DO NOT SUCK IN! (Its misleading for progress)


 A straight angle!

 Same outfit in before and after

 Same or as similar as possible lighting in before and after

 NO posing- your angles must match and must be consistent


 DO NOT pull underwear up over stomach- you want as much skin as possible showing.


 You MUST be wearing some article of clothing to cover the breasts- please do not use photoshop to cover or blur- thongs ARE okay, and encouraged!

*****Paid spouse add ons will have their own ending thread! They are also entered for a \$100 bonus for top spouse transformation! This is exclusive to spouse or partner only- not parent/sister/etc.*****

Tips for photo taking:

 Flip your camera to selfie mode and use a timer! Set your camera on a level surface and time the photo.

 OR, Turn your video on- stand in each "pose" for a few seconds and then screenshot each photo.

 If you want to "hide" your photos- iPhone has a "move to hidden" option, where you can move them to a different folder verses in your camera roll.

****See examples below.***

PHOTO THREAD DETAILS

We will need to see a side by side front, side by side side, and a side by side back.

On that designated thread at the end (mentioned above) please comment with one photo side by side before and after and then **reply to your own comment** with your additional photos.

*remember: we do not judge on who lost the most weight, we judge by the biggest transformation (even smiles matter). We are ALL here with different goals! If there's a tie for top 10, we then look at group participation - who encourages who, comments, likes, etc. We want to see interactions.

