Love Yourself Lean: How to Take Before / After Photos and Track Your Measurements Successfully

YOUR LOVE YOURSELF LEAN TRANSFORMATION JOURNEY IS MORE THAN JUST ABOUT A NUMBER ON A SCALE. KEEP TRACK OF YOUR PROGRESS BY TAKING REGULAR MEASUREMENTS AND PLANNING AHEAD TO TAKE EFFECTIVE "BEFORE" AND "AFTER" PHOTOS.

Here are a few tips to help you get started with your before photos:

1. PICK THE RIGHT CLOTHES

Remember, you want to show off your body in these pictures, so that we can celebrate every inch of your progress! We recommend fitted clothing to best illustrate your overall transformation. It's important to see your stomach area, so don't suck anything in! I recommend wearing a bikini or a sports bar and shorts.

2. REQUEST HELP

Selfies will not capture the details you want to document for your before picture. Use a tripod and an auto-timer on your camera, or ask a friend to stand in as your photographer. You can also share your weight loss goals with this friend, who can help you stay accountable through your journey.

3. LOCATION, LOCATION, LOCATION

I recommend you pose in front of a blank, solid-colored wall. The fewer distractions the better; after all, this is about you and your transformation journey! Be sure to choose a location where you will be able to recreate the same conditions for future photos tracking your progress and your results.

4. TAKE MULTIPLE PHOTOS

You'll want to make sure to capture every angle with these pictures. Take enough photos to show your body from the front, the back and the side at a minimum. The more pictures you take, the better.

front   side   back
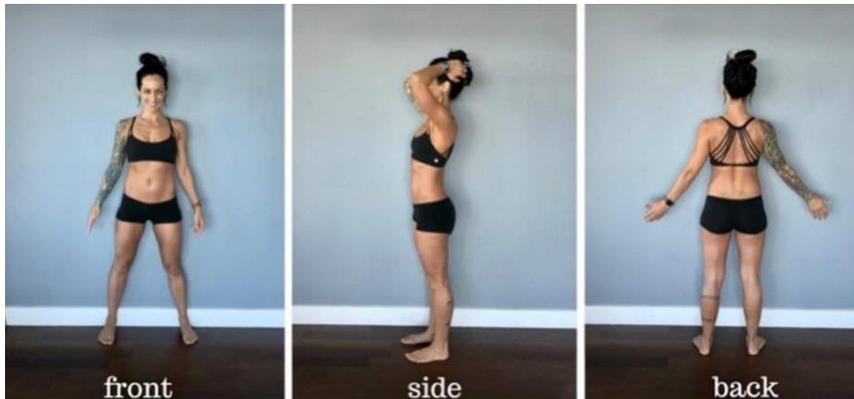
5. BE CONSISTENT

Remember to take progress photos at regular intervals throughout your LYL journey. For example, Week 4, 8 and 12. Be consistent with your location and the clothing you pose in. This will help you see the changes more clearly.

TAKING YOUR MEASUREMENTS

This is the most important part of the program. There is no better way to see your progress! Use the LYL measurement sheet provided. Make sure you are measuring in the same location each time.