

## Photos!

You are NOT required to post progress photos! Doing so is a great way to see your progress and help keep you accountable! 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 be able to share your before and afters and show off your transformation! You do not need to make a post with your before photos unless you want to!

**\*\*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!  
We would love for you to include a sign in your photos so others know what you are doing!**

**\*\*\*An appropriate sign would read, “HF Group \_\_ (1 or 2), \_\_\_\_\_ (Month/year), \_\_\_\_\_ (Before/After)  
Ex. “HF Group 1, September ‘21, Before”. (You do not “need” a sign, but its a helpful tool if you were to ever let us share your progress (with your permission), so the papers are dated! This also allows you to look back and see your dates and before and afters clearly when you see how far you’ve come!**

**Tips for the BEST “looking” photos so you’re able to see those changes most clearly!**

 Full body!

 Good Lighting! Avoid shadows!

 DO NOT SUCK IN! (Its misleading for progress)

 A straight angle!

 Same outfit!

 Same or as similar as possible lighting in before and after

 Make sure your angles match and are consistent

 DO NOT pull underwear up over stomach- you want as much skin as possible showing. We know- it sucks, but it helps!

 Please adhere to facebook community guidelines by wearing some article of clothing to cover the breasts- please do not use photoshop to cover or blur- thongs ARE okay, and encouraged!

**To take the photo, solo:**

 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

 Take 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.

-This will allow others to go to one spot to see everyone’s photos that wanted to share!



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