



JOIN THE GET SLIM CHALLENGE

Photo Guidelines



Front View



Side View



How to Take Winning Before and After Pictures

1. This is a fat loss contest and therefore it is important to (tastefully) show your body in your before and after photographs. For women, we recommend the following outfit: white tank top with form-fitting shorts, e.g. bike shorts or bikini. For men, we recommend the following outfit: no shirt and form-fitting shorts. If you prefer to wear a shirt, please make sure it's a form-fitting white shirt.
2. Take your photos against a plain/white background—you want us to concentrate on you, not your surroundings.
3. Include your whole body from head to toe—make sure you are centered in the picture and the camera is at eye level (not above or below).
4. Fill the photograph with yourself not your surroundings—don't stand too far away, it may be hard to see your results.
5. Make sure the room is well-lit and use a flash—avoid shadows.
6. Be willing to experiment with your photos—location, time of day, background, etc. in order to find the best possible images.
7. Take your after photos in the same location as your before photos if possible. Use a measuring tape to mark the distance away from the camera so both shots are identical. Use a tripod and measure the height setting as well.
8. Take photos with your arms to your side—one directly facing the camera and one side view.

Photograph is required to sign up for the contest. If your picture does not meet the Get Slim Challenge guidelines, you will be notified and asked to re-submit another picture. Winners will be chosen based on the transformation depicted in the before and after photos.



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Front View



Side View



What Not to Do When Taking Before and After Pictures

This is a body transformation and fat loss contest and therefore it is important to (tastefully) show your body in your before and after photos. Listed below are things that we have found to be a disadvantage for contestants in their Get Slim Challenge photographs.

1. Baggy Clothing
2. Skirts/Dresses
3. Image not showing full body (Head to Toe)
4. Busy Backgrounds
5. Blurry Images
6. Images taken from an angle much higher or lower than subject
7. Dark Images (No Flash)

The Photographs are required to sign up for the contest. If your pictures do not meet the Get Slim Challenge guidelines, you will be notified and asked to re-submit other pictures. Winners will be chosen based on the transformation depicted in the before and after photos.



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Front View



Side View



How to take Before and After Team Pictures

Team photos should be taken in the same manner as the individual photo.

The only difference will be the number of people in the photo. All teammates should stand close together, but not touching one another, for their front and side view team photograph. If desired, you may also take a fun photo of all teammates, in a pose of your choice, to show your success.

The Photographs are required to sign up for the contest. If your pictures do not meet the Get Slim Challenge guidelines, you will be notified and asked to re-submit other pictures. Winners will be chosen based on the transformation depicted in the before and after photos.