

# How to Weigh & Measure Yourself and Take Before & Becoming Photos

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## Weight

When it comes to weighing yourself, consistency is key. Follow these guidelines and it will be easy for you to track your progress and see your results:

- Weigh yourself at the same time of the day. Preferably in the morning before you have breakfast.
- Try to wear the same clothes each time you weigh yourself.
- Only weigh yourself 1 time every week.
- Don't let a number on the scale define you! Lots of times losing inches is a better indicator of change than losing pounds.

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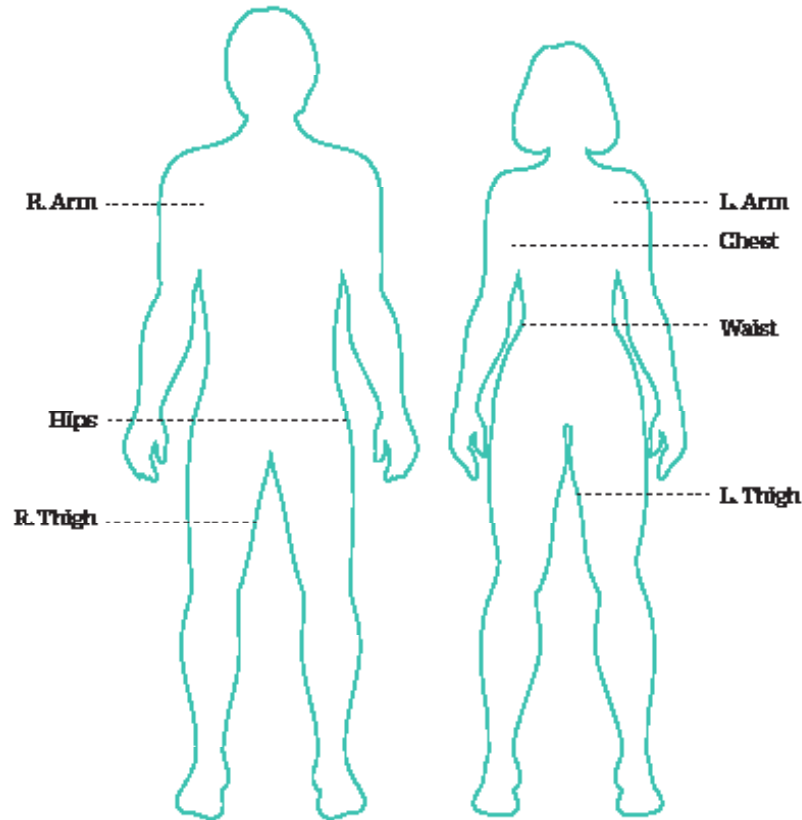
## Measurements

Because the scale doesn't show all of your health changes, it's important to take your measurements as well. These guidelines will help you take accurate measurements as you work your way through your system:

- Use a non-stretchable tape measure.
- Try to measure yourself in the same place each time.
- Measure yourself in the same clothes (or none at all).
- Measure yourself in front of a mirror to make sure the tape is lined up and parallel to the floor.
- Notice how your clothes feel? Do they feel looser? More comfortable? Because this is a sign that you're progressing!
- *Thigh:* To measure the circumference of your thigh, wrap the tape around the largest part of your thigh.
- *Upper arm:* To measure the circumference of your arm, wrap the tape around the largest part of your upper arm.
- *Chest:* To measure the circumference of your chest, put one end of the tape at the fullest area of your bust and wrap it under your armpits and shoulder blades.
- *Waist:* To measure the circumference of your waist, wrap the tape around your natural waistline (right above your belly button/below your rib cage). Try not to suck in your stomach otherwise the results won't be accurate.

# 📄 How to Weigh & Measure Yourself and Take Before & Becoming Photos (cont.)

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## Before & Becoming Photos

We believe that Before and After photos are a myth. Your health is a journey not a destination. That's why we refer to them as Before and Becoming photos. You might be thinking that you don't want to take Before and Becoming photos because you will never share them. That may be true right now, but that could change. In the future, you might want to show people just how much you have transformed your health. If not, Before and Becoming photos are nice to have around for you to reflect over your journey and how hard you worked. These tips will help you take the best Before and Becoming photos:

- Stand against a blank wall.
- Wear form fitting/light colored clothing.
- Wear the same clothes for both your Before & Becoming photo.
- If possible, have someone else take the photo for you.
- Take a front facing, side facing, and rear facing photo.
- We suggest taking photos day 1, after your jumpstart (if you're doing the Ignite or Ultimate System), and day 30. Then, once a month to show progress as you reach for your goal.
- Make sure to use the 12-month tracker tool to document your progress.