



BEFORE & AFTER PHOTOS GUIDE

AT-A-GLANCE PICTURE TUTORIAL

Isagenix is designed to provide the community and accountability you need to empower healthy change.



STEP 1: **Before Photos:** Final look at the old you

Snap four full-body photos of you standing up (front, back, right profile, and left profile).



STEP 2: **Progress Photos:** How far you have come

Snap four full-body photos of you standing up (front, back, right profile, and left profile).

PHOTO DO'S & DON'TS

Visually tracking your progress can be a great motivator on your journey. Follow these simple steps to take photos that best capture your transformation.

Photo Do's

1. Wear trim, fitted athletic clothing. If you feel comfortable, take a picture shirtless (for men) or in a sports bra (for women).
2. Take your picture against a bare wall or white background so you're the focus of the photo.
3. Take your picture in a well-lit room with a good camera to produce a high-quality image.
4. Stand up straight with good posture, and have a friend take your picture for the best possible angle.

Photo Don'ts

1. Don't wear baggy, loose-fitting clothes.
2. Don't cover your face, or crop your face out of the photo.
3. Don't take your picture in front of a busy, backlit, or cluttered background.
4. Don't take your picture in a dark room or submit a low-quality, pixelated image.



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