

ZLR FITNESS  
presents....



# How To Take Your Check- In Photos



The Ultimate Guide  
By Zoe Roberts

# Top tips:



- ↳ **MAKE SURE YOU WEAR THE SAME CLOTHES AS YOU TOOK YOUR LAST PHOTOS IN, WHETHER THIS IS THE MONTH OR WEEK BEFORE!**
- ↳ **MAKE SURE YOU TAKE THEM AFTER A MORNING STOOL!**
- ↳ **TAKE YOUR PHOTOS FIRST THING IN THE MORNING!**
- ↳ **THEY WILL NEED TO BE TAKEN IN A WELL LIT AREA!**
- ↳ **MAKE SURE HEAD AND FEET ARE VISIBLE IN ALL YOUR PHOTOS!**
- ↳ **YOU CAN GET SOMEONE ELSE TO TAKE THEM FOR YOU BUT MAKE SURE THEY ARE TAKEN STRAIGHT ON AND IN LINE WITH THE CAMERA!**

# How To Get The Best Quality Check In Photos...

- ✔ PLACE YOUR PHONE/CAMERA/IPAD SO THAT YOU ARE CENTRALLY PLACED IN LINE WITH THE CAMERA FOR WHEN YOU STAND BACK! (USING A STOOL OR CHAIR IS VERY USEFUL!)
- ✔ YOUR HEAD AND FEET SHOULD BE VISIBLE IN EVERY PHOTO!
- ✔ SET YOUR IPHONE/IPAD OR CAMERA TO THE 10 SECOND SELF-TIMER SETTING!
- ✔ MAKE SURE YOUR HANDS AND ARMS ARE BY YOUR SIDE I.E DO NOT HOLD THE CAMERA TO TAKE YOUR PHOTOS AS YOU MAY BE ASKED TO RE-TAKE THEM!
- ✔ TAKE THE PHOTOS IN A WELL LIT AREA SUCH AS OUTSIDE, YOUR KITCHEN, HALLWAY OR YOUR BATHROOM (THIS WILL DEPEND ON SPACING)

Here is a few examples:



**AS YOU CAN SEE IN THIS PHOTO; HEAD AND FEET ARE CLEARLY VISIBLE FROM A DISTANCE! (CIRCLED IN GREEN) THE PHOTO HAS ALSO BEEN TAKEN IN A WELL LIT AREA AND HASN'T BEEN CROPPED.**

Here is a few examples:



**AS YOU CAN SEE IN THIS PHOTO; HEAD AND FEET ARE CLEARLY VISIBLE ALONG WITH THE PHOTO BEING COMPLETELY STRAIGHT + IN LINE WITH THE BODY!**

**(STRAIGHTNESS IS SHOWN IN A BLACK LINE + THE GREEN CIRCLES HIGHLIGHT VISIBILITY OF HEAD AND FEET!)**

# Don't's

- ✗ Do not crop your photos to size!! (this prevents us from laying them out properly and you will have to take them again!)**
- ✗ Do not take the photos after a workout, or when you have consumed food and drink; this is when your muscles are at their heaviest!**
- ✗ Please refrain from sending photos that do not have your head and feet visible otherwise you will have to take them again!**
- ✗ Avoid holding your device in your hands to take your photos as this can really affect the accuracy of comparing previous photos (this won't be a true reflection of measuring progress!)**
- ✗ Do not take your photos at an angle- they must be in a straight line with your body!**

# Do's



**Take the photographs in natural lighting or under a bright light!**



**Use a self-timer setting and a chair or stool to balance the device on, this is so you can stand back and get in the correct position!**



**Wear the same clothing for every check-in photo you take!**



**Stay in a straight line with yur device. As a visual aid take a few practice ones first!**



**Stay relaxed and have your arms by your sides!**



**Remain positive when taking your photos and do not belittle yourself as we all start somewhere!**

# Example of 2 sets of check in pictures...



**WE TAKE PICTURES THIS WAY IN THE EXAMPLE SHOWN, SO WE CAN ACCURATELY COMPARE! IT IS AN INCREDIBLE WAY TO MEASURE YOUR PROGRESS!**

# Final Notes



**YOUR PICTURES DON'T NEED TO BE PERFECT, BUT WE DO NEED THEM TO BE TO A CERTAIN STANDARD! THIS ENABLES US TO COMPARE THEM ACCURATELY TO MEASURE YOUR PROGRESSION!**

**LEARN TO FALL IN LOVE WITH THE PROCESS, IT ISN'T FUN TAKING THEM BUT IT IS GREAT TO SEE HOW FAR YOU HAVE COME!**

**TAKING THESE PHOTOS CAN BE UNCOMFORTABLE, HOWEVER THIS IS THE BEST METHOD TO MONITOR YOUR PROGRESS!**

**PHOTOS ARE A GREAT TOOL TO DOCUMENT YOUR JOURNEY!**

**IF YOU ARE STRUGGLING PLEASE REFER TO THIS GUIDE OR GET IN TOUCH WITH ME AND I CAN HELP YOU FURTHER!**





I hope you find  
this guide  
useful to help  
you on every  
check-in photo  
day!

Love Zo xxx