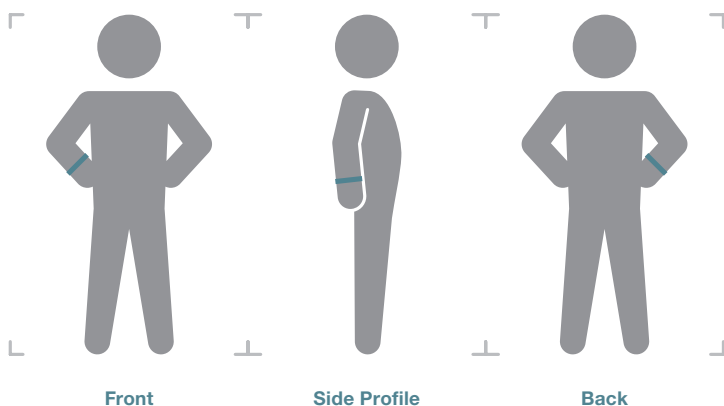




“Before” and “After” Pictures

Take three (3) “Before” photos and three (3) “After” photos at home. Take one of each: front, side profile and back.



Win-Worthy Photo Tips:

- Dress in a swimsuit or similar clothing
- Clearly show 60-Day Challenge colored wristband in all 6 photos
- Show $\frac{3}{4}$ body or full body to show full weight loss and transformation
- Stand comfortably without pushing out or sucking in your stomach
- Pose with the same posture in both “Before” and “After” photos

Remember: At the end of the Challenge, you will submit all six (6) photos and your personal essay to be considered for prizes.

Didn't receive a wristband? Contact 60daychallenge@lifetimefitness.com.