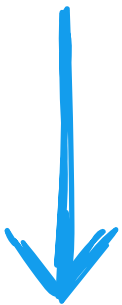


HOW TO TAKE PROGRESS PHOTOS



- Well lit
- Plain background
- Same place and same lighting for each check-in
- Fullbody head-to-toe
- Shorts and sports bra.
- No shirt if male.
- Relax!



Helpful Equipment

Tripod: <https://a.co/d/9sVDpDo>

