

How to Take Great “Before” & “After” Photos

Do:

- Wear neutral, solid colors
- Stand in front of a solid backdrop such as an inside wall or door
- Stand tall with hands on hips
- Turn slightly away from the camera (¾ view)
- Take full body shots and use portrait orientation (taller than it is wide)
- Use the flash for inside photos

Pose in front of a solid backdrop



Turn slightly away from the camera



Stand tall with hands on hips



Capture your photo like this...



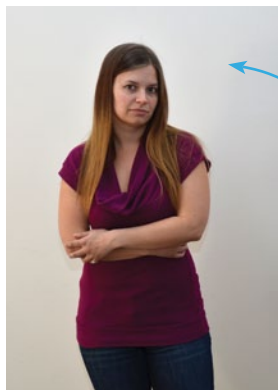
...so we can cut it out like this



Common Photo Mistakes

Don't:

- Wear patterned clothing
- Zoom in too close or cut off elbows, hands, or feet
- Slouch and/or look unhappy
- Take the photo in a dark location
- Submit blurry photos
- Include anyone in the photo with you
- Wear sunglasses, hats, or use any props
- Take any shirtless photos



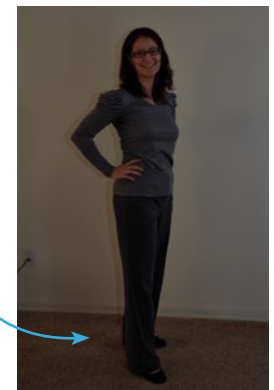
Poor body language



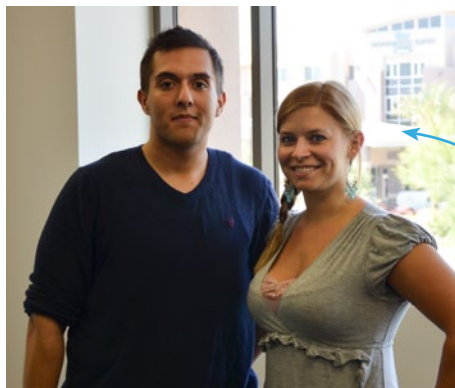
No hats and/or sunglasses



Cut off limbs



Too dark and blurry



Too cluttered

Just one person, please



Basic Settings for Quality Images:

- Set your camera and/or scanner (for non-digital photos) to the highest quality setting option.
- **Files under 2MB will be low quality.** The minimum requirement for a high quality photo is 300 dpi.