

Before and After Pictures

Rules: *Please Read*

- Selfies are fine, but it's better to get someone to take your picture.
- Wear a sports bra and shorts, swim suit, or something form fitting (i.e. tight Under Armour type gear, thermals, or leggings).
- Full body- front, side and back pics only.
- Must be in good lighting. (natural light is best, but not required)
- ****OPTIONAL, but encouraged****
Hold a current newspaper for proof of date taken (or hang the paper on the wall behind you)

Note: Wearing a baggy shirt and long shorts, although comfortable, are not good for these photos.

Also, it helps to look more attractive in the *after* picture. You don't have to go crazy and spend hundreds of dollars at a salon. Just toss on some makeup, do the hair, and smile. 😊

Oh, and guys... *please shave*.

Here is an example of a good before and after (smiling in the after, good lighting, same clothing, same stance):



Good Luck!

Send your before and after pics to: matt@BentOnBetter.com

I can't wait to witness your success!