



PICTURES & MEASUREMENTS

Pictures: Choose a room with a good lighting, take the pictures of your full body (head to toe, with your arms by your side)

- ✓ Front
- ✓ Side
- ✓ Back
- ✓ Back Bicep Pose (*optional*)

What to wear?

- **Male-** If you feel comfortable go topless and wear shorts. For those that would prefer to wear a vest or t-shirt pick a slim fitting top so it gives a good indication of your starting point and will show progress when we next take these pictures again.
- **Female-** If you feel comfortable wear a crop top and either leggings or shorts. For those that would prefer to wear a normal vest or t-shirt pick a slim fitting top so it gives a good indication of your starting point and will show progress when we next take these pictures again.

It is not mandatory to send me your pictures across if you would prefer to keep them private. I will only ever post your progress picture on social media if you have given your consent.

Measurements: Taking measurements can be trickier than you think. Try to make sure the tape measure is even all the way around and note down the positions of the tape measure for reference when you take them again.

- ✓ Weight
- ✓ Hips (hip bones)
- ✓ Waist (belly button)
- ✓ Arm relaxed by side (around bicep/biggest part)
- ✓ Arm Flexed (around bicep peak/biggest part)
- ✓ Leg (mid to upper thigh/biggest part)
- ✓ Chest- *Male only* (under armpit & across the middle of your chest)
- ✓ Glutes- *Optional* (across the middle of your bum)

How often should you take pictures & measurements: There isn't a specific time frame you should stick to; we can decide the frequency together. However, to track the progress of a fat loss goal I would recommend a weekly weigh-in. Someone looking for a quicker transformation may decide to take weekly pictures but for others once a month is a great option, again this is something we can discuss together. The 2 measurements most likely to change on a weekly basis would be weight and waist so by this logic they can be done on a more frequent basis.



LM Fitness

MYFITNESSPAL

During your assessment week it is important for me to gather as much information as possible. MyFitnessPal will allow me to track your eating habits over the next few days, this way I can write a diet based around your:

- Normal eating habits
- Lifestyle
- Goals

Once you have downloaded the app and signed up (it's free), you will need to add me as a friend.



Please follow the steps below:

Click 'More'

Scroll down to 'Friends'

Hit the '+' icon in the top right of the screen

Select 'Add Friends' via email and type lee_330@hotmail.com

Send the request by hitting the 'tick' icon.

← Invite Friends ✓

To: lee_330@hotmail.com ⊕

To make sure your friends know who they are adding, enter your full name below:

Your full name

Message (optional)

Next you will need to make your food diary available for me to see. Starting at the home screen click 'More', 'Settings,' 'Diary Settings,' 'Diary Sharing', then select 'Friends Only'. Make sure you hit the 'Tick' icon at the top right of the screen to activate the changes.

← Diary Sharing ✓

Choose Your Diary Sharing Option

Private

Public

Friends Only ✓

LM Fitness
www.lmfitnessltd.co.uk
Lee Marshall-07711687667



LM Fitness

Do you need to use MyfitnessPal and track your calories all of the time?:

Using apps like MyFitnessPal or step counters etc. will add to accountability and therefore increase the likelihood of you getting a great result. Using them 100% of the time isn't always realistic, my best advice would be use them where and when you can to track progress.