

HOW TO TAKE GREAT BEFORE + AFTER PHOTOS



Choose clothes that show off your hard work, like swimwear or tight-fitting workout gear. Stand against a white wall or a plain background that will not obscure your progress.

TEAM ELITE 21 DAY CHALLENGE RESULTS

NAME: _____ START DATE: _____ END DATE: _____

MEASUREMENTS	BEFORE	AFTER
HEIGHT & WEIGHT		
CHEST		
WAIST		
HIPS		
RIGHT BICEP		
LEFT BICEP		
RIGHT THIGH		
LEFT THIGH		

* What you'll need: measuring tape, scale.