

HOW TO TAKE BEFORE + AFTER PICTURES

One of the most important aspects of any Ashley Black Guru challenge is the before, during and after photos each participant takes. I like to think of them as a gift you give your future self - a way to say "Hey, Sister, look at the PROGRESS you've made!". However, if you don't prepare correctly, your gift really won't make an impact. Blurry photos, weird angles, different clothing or a drastic change in lighting can all ruin your before and after photos and make it impossible for you to see your results.

You are (literally!) busting your booty each day for results. Make sure you can see them!

Considering all of the reasons stated above, all Ashley Black Guru challenges will now have strict guidelines on what is acceptable to be submitted for before, during and after photos. Check out the rules below for visual examples of what is acceptable.

Most importantly - **make sure you hold a FasciaBlaster of your choice in your right hand for each photo and video you take.** There are no small prizes in the world of Ashley Black challenges, and I want this to be fair for all. This is my way of making sure all submissions use current photos.

RULE 1: WEAR THE SAME CLOTHES

In order to accurately track your progress, it's important to wear the same clothes in your before, during and after photos. Various cuts of bottoms such as bikinis, undergarments or the #AskMe, #BlastMe set will hug and highlight your butt and glutes in different ways. Whichever outfit you choose in your before photos, continue to use for the during and after ones, too. Please note that nudity is not accepted and will disqualify your entry.



DO



DON'T

RULE 2: TAKE PHOTOS FROM SAME ANGLE

All photos must be taken straight on, not from above or below. Different angles can give different perspectives of your body, making it difficult (or even impossible!) to properly analyze your progress and results.



DO



DON'T

RULE 3: NO MIRROR PHOTOS, PLEASE!

We know it's a bit easier for you to take, but mirror photos tend to be of poor quality. They are blurry and can make it impossible to see your body if the flash is on. The best option is to have someone take photos for you, but if you do not have anyone that can help, there are solutions! Try using a tripod or put rice in a coffee mug and set your phone in it on top of a table. Then, use the picture delay setting/timer, on your phone's camera.



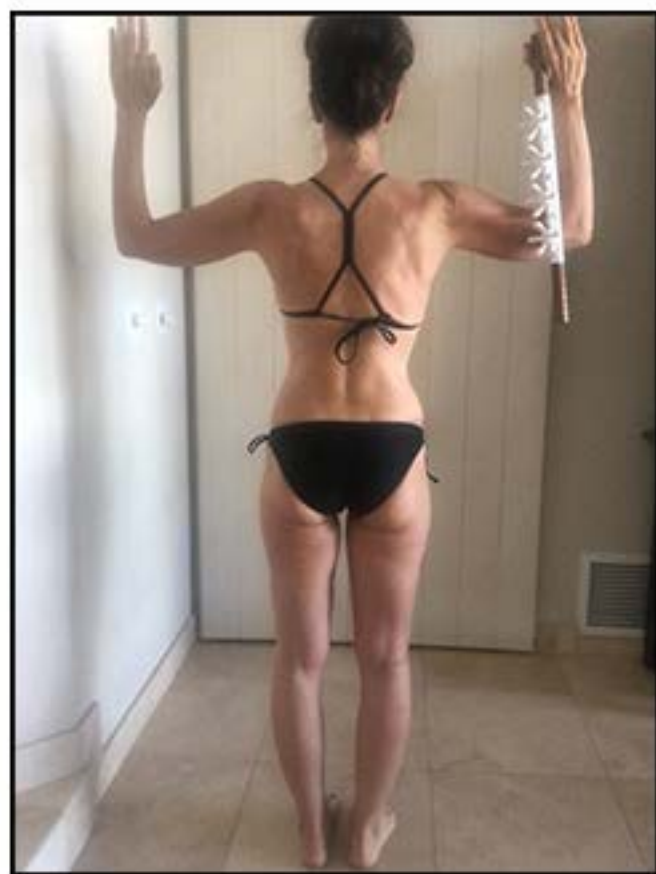
DO



DON'T

RULE 4: USE NATURAL LIGHTING

The best photos are taken in natural light. Capture your photos at the same time each day near a large window or open door. Mark down what time you take your before photos and take your during and after photos at that exact same time. Be sure to turn off the flash, too!



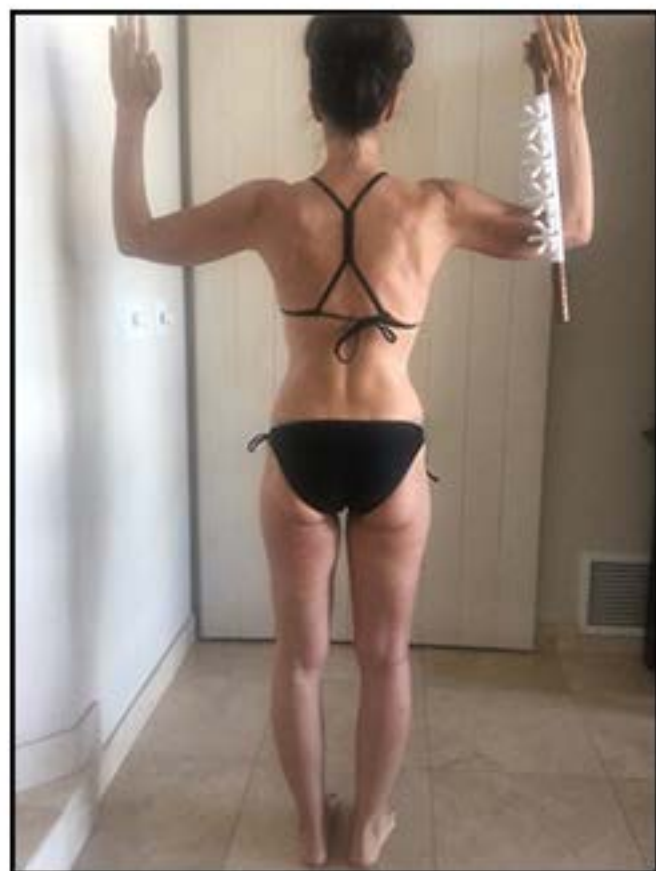
DO



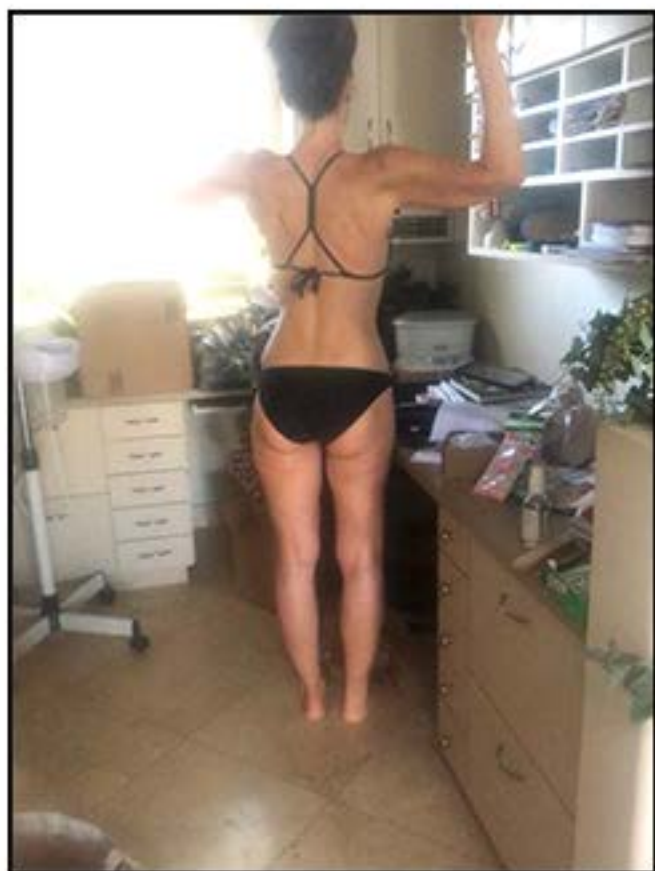
DON'T

RULE 5: NO CLUTTER, PLEASE!

You're working hard for your new body. Make sure it's the focus of the photo! Standing in front of a messy, cluttered background really does steal your limelight. Pose in front of a neutral colored wall or door for best results.



DO



DON'T

RULE 6: DON'T COVER UP!

We understand that you want to maintain your modesty. However, if you wear clothes that completely cover up your body, it's impossible for you to see results! A bikini or your #AskMe, #BlastMe set are ideal clothing to wear for the Heart Butt Challenge photos.



DO



DON'T