

# Get Your **CORE** Tight Challenge



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[www.Coreelevationfitness.com](http://www.Coreelevationfitness.com)

# How to Properly Take Before & After Photos & Body Measurements

**Weigh In:** If your goal is to lose weight or inches then we recommend weighing yourself at the beginning and end of the challenge. Best to weigh yourself at the same time & with the same amount of clothes on each time.

We don't recommend weighing yourself daily as it can be quite deceptive. Focus on the journey and not the number. If you follow the plan and trust the journey you will see results.

**Get Measurements:** Using a measuring tape measure the following areas:



In Inches

**Bust/Chest:** Largest part of your Chest

**Waist:** Smallest part of your waist (~1 to 2 inches above your navel)

**Hips:** Stand with feet together—Largest part of your hips/buttocks

Feel free to take any additional measurements

## Take Before & After Photos

Nothing shows change better than a pair of pants and a picture. You may not notice daily changes, but with a good picture you can see the difference. We recommend taking a front and side view picture of yourself at the beginning and end of the challenge. Ladies, wear a sports bra & shorts or a 2 piece bathing suit so that you can notice the difference in your CORE and body. Be sure to use good lighting and a plain background. The less distractions the better.



[CLICK HERE TO SUBMIT YOUR BEFORE & AFTER PICS/MEASUREMENTS](#)