

TO TAKE IN MIND BEFORE ..

Make sure you do these steps fasted.

In a well lit space, with natural light if possible. The light /window must be facing or besides you. Avoid being too close.

Wear a bathing suit. Try to wear the same or similar one every time for your follow-ups.

Full length pictures.

Plain background.

HOW TO START?

01

Make sure your full name and e-mail has been sent.

02

View your mail (check junk) and click the link to open your profile and follow instructions.

03

Download the "Fitlog" application on your smartphone.



04

Once logged in you will now have access to your profile. All services purchased will be sent through this plate-form.

05

Head to "**Album**" and create your first called START. You will then upload 3 photos in this album.

- 1 facing forward arms on each side of your body.
- 1 facing backwards arms on each side of your body.
- 1 from the side arms in front of you.



06

Head to the section "**Weight**" to upload your fasted weight.

That's it, you're done!