

PLEASE READ

PROGRESS PHOTOS

To get you the absolute best results possible, I need your help — and it starts with your photos.

✓ WHY THEY MATTER

Photos let me clearly see your starting point and track your progress over time. Without them, it's like coaching you blindfolded — and that's not fair on either of us. This is a key part of how I coach you effectively.

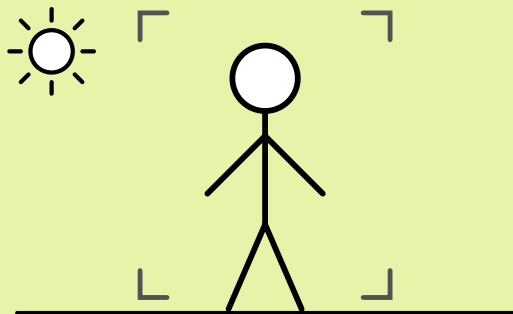
✓ HOW TO TAKE THEM

1 First thing in the morning

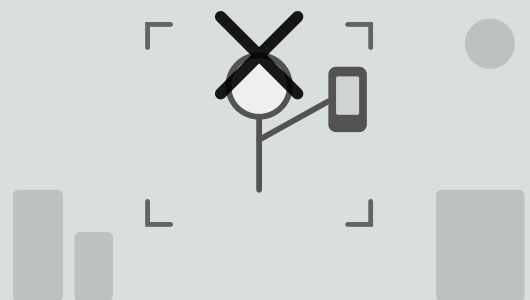
2 In natural light

3 Stand back — no mirror selfies

4 Clean, clear background

DO

Stand back · good light · plain wall

DON'T

Mirror selfie · dark · cluttered

We've got a quick video showing exactly how — just ask if you need it.

🔒 WILL THESE PHOTOS BE SHARED?

HOW SHARING WORKS

We showcase transformations as part of the programme — it's built into the process. All photos are shared *as is* unless you ask for your face to be cropped out. Totally fine either way: this lets us celebrate your results while keeping things simple. If you'd rather your photo wasn't used at all, just tell me directly — we'll always respect your choice.