

FORM 11: BEFORE-AND-AFTER PHOTOS

Watch your body change as you change your life. Make seven photocopies of this form. Take four photos of yourself—front view, left side view, right side view, and back view—and paste them in the appropriate boxes. Make sure that you are wearing a bathing suit, bikini, or formfitting workout bra and shorts. (If you cover yourself up it will be more difficult to see the physical changes in your body; these are the changes that you will not see on the scale, but you will be amazed when you look back at your photos.) Photocopy this form and put it into the Measurements section of your journal, along with new photos you take every six weeks. Mark your calendar so you don't forget.

Photo 1: Front View

Photo 2: Back View

Photo 3: Right Side View

Photo 4: Left Side View