



BASELINE VISUAL ASSESSMENT

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There are lots of ways to measure health, body composition and performance, depending on your current fitness goals, priorities, level of commitment, and so on. We can record markers such as body composition, health and performance, but another very important one is visual inspection.

Often we work out and follow healthy eating plans so we can improve the way our bodies look and feel, but it can be hard to notice any changes when we look in the mirror. The best way to keep track of visual progress is to take photos before you begin, and during your fitness journey.

How to take the best pictures:

1 Stand against a bare wall, wearing a small pair of shorts (men) or swimsuit (women).
Set up your camera so it can take a whole body photo, at least 5 - 7 feet away.

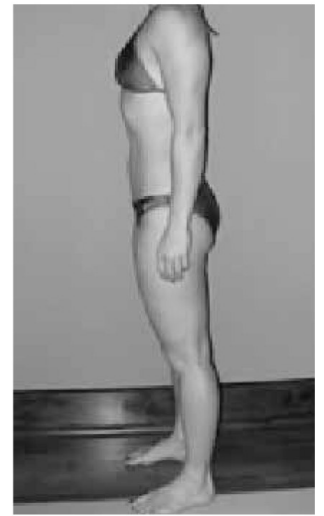
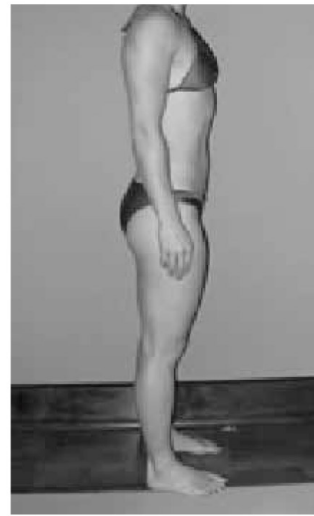
2 Ensure you have good lighting - use flash if you need to but avoid overhead light, which can cast a lot of shadows.

3 Make a note of the camera settings, location, light levels and distance from the camera, so that you can make sure future photos are taken in exactly the same way.

4 Take 4 full body photos - front, back left and right side.

5 If you are posting these photos on a public forum, you can block out the head and face if you want to.

Here are a few examples of what your progress photos should look like:



Female progress photo: front and back

Female progress photo: each side



Male progress photo: front and back

Male progress photo: each side



WWW.PRIMALLIFEGYM.COM
WWW.PRIMALLIFE.ONLINE
EMAIL: INFO@PRIMALLIFEGYM.COM