

# weekly checkins



**Step 1. Record your before weight. See page 2 for reference.**

**Step 2. Record your before measurements. See page 2 for reference.**

**Step 3. Record your 'posed' photos. See pages 3 and 4 for reference.**

**Step 4. Turn in your homework. See page 2 for reference.**

## **A CLOSER LOOK:**

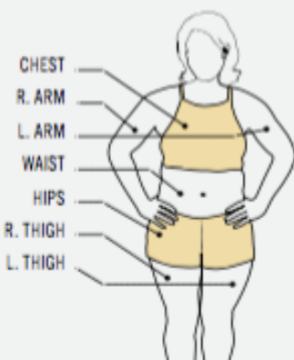
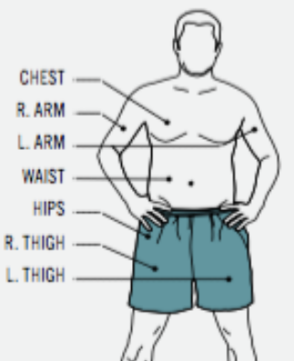
**STEP 1. RECORD YOUR 'BEFORE' WEIGHT.** MAINTAIN CONSISTENCY IN YOUR MEASUREMENTS THROUGHOUT THE PROGRAM BY USING THE SAME SCALE AND SAME CLOTHING FOR EVERY WEIGH IN. ALSO, TRY TO MEASURE YOURSELF AT THE SAME TIME OF DAY (SUNDAY OR MONDAY MORNINGS ARE SUBMISSION DAYS).

**STEP 2. RECORD YOUR 'BEFORE' MEASUREMENTS.** TO TAKE YOUR BEFORE MEASUREMENTS YOU WILL NEED A SOFT TAPE MEASURE (AND WE RECOMMEND A FRIEND). MEASURE EACH BODY PART OUTLINED ON PAGE 2 AND FILL IN THE BLANKS. THE BENEFIT OF HAVING A FRIEND MEASURE HELPS GUARANTEE ACCURACY. ONCE YOU HAVE LOGGED ALL OF THE MEASUREMENTS, ADD THEM UP TO GET YOUR TOTAL INCHES. FILL IN THE BLANKS AND BOOM YOU ARE DONE!

**STEP 3. RECORD YOUR 'POSED' PHOTOS.** YOU WILL NEED TO TAKE 6 'POSED' PHOTOS. THESE ARE THE PHOTOS WE WILL USE TO COMPARE AND CONTRAST YOUR RESULTS. PLEASE SEE INSTRUCTIONS ON TAKING YOUR BEFORE PHOTOS! ONCE YOU'VE TAKEN ALL SIX PHOTOS, UPLOAD THEM TO YOUR COMPUTER, AND LABEL THE FILES WITH THE DATE TAKEN.

**STEP 4. TURN IN YOUR HOMEWORK!** NOW THAT YOU HAVE DONE THE WORK, LET'S GET IT TURNED IN. **EMAIL: [ROXY@ROXYTHUNDERFITNESS.COM](mailto:ROXY@ROXYTHUNDERFITNESS.COM)**

# taking your weight and measurements

M E A S U R E M E N T S			
		TODAY	WEEK 3
	CHEST		
	R. ARM		
	L. ARM		
	WAIST		
	HIPS		
			
	R. THIGH		
	L. THIGH		
	TOTAL INCHES		
	WEIGHT		

## HOW TO SUBMIT MEASUREMENTS WEEKLY:

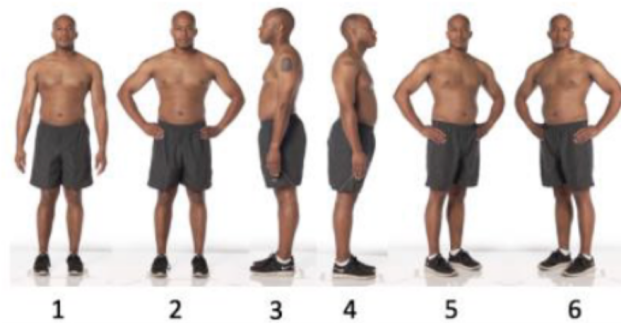
LIST OUT THE ABOVE STATS IN YOUR EMAIL. PLEASE TYPE IT OUT. ATTACH YOUR PHOTOS TO THE EMAIL. NO COLLAGES PLEASE.

SEND THE EMAIL TO **ROXY@ROXYTHUNDERFITNESS.COM** WITH THE SUBJECT HEADER AS **"YOUR NAME - PROGRAM NAME - WEEK # PROGRESS"**

\*PHOTOS MIGHT BE TOO LARGE TO FIT IN ONE EMAIL. PLEASE ZIP THE FILES TOGETHER AND SEND THE ZIP FILE INSTEAD. YOU CAN ALSO SEND MULTIPLE EMAILS BUT PLEASE USE THE SAME SUBJECT HEADER AND ADD "2 OF 6" ETC.

# taking your posed photos

## Men's Poses



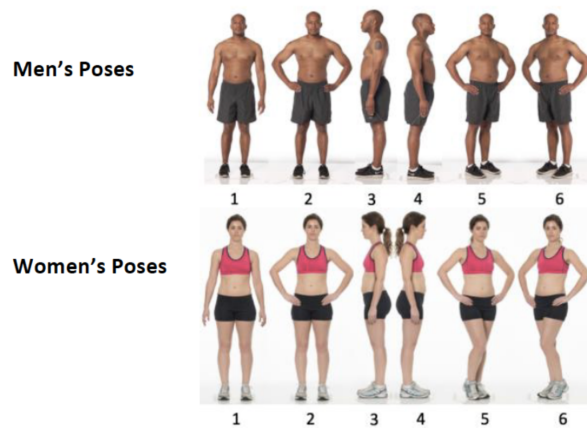
## Women's Poses



### PROVIDE SIX POSED PHOTOS.

1. FRONT FACING ARMS DOWN
2. FRONT FACING, HANDS ON HIPS
3. RIGHT PROFILE, ARMS DOWN
4. LEFT PROFILE, ARMS DOWN
5. RIGHT  $\frac{3}{4}$  HANDS ON HIPS, LADIES KNEE UP, MEN STRAIGHT LEGS
6. LEFT  $\frac{3}{4}$  HANDS ON HIPS, LADIES KNEE UP, MEN STRAIGHT LEGS

# taking your posed photos



## QUICK TIPS!

WOMEN: SPORTS BRA TO REVEAL STOMACH AREA WITH SLIM-FITTING SHORTS.

MEN: SHIRT OFF WITH ATHLETIC SHORTS. HAIR OFF THE SHOULDERS TO SHOW DEFINITION.

MAKE SURE WE CAN SEE YOUR ENTIRE BODY, HEAD TO TOE.

MAKE SURE YOUR MAIN LIGHTING SOURCE IS SHINING ON THE WHOLE FRONT SIDE OF YOUR BODY AND FACE, NOT BEHIND YOU, NOT ABOVE YOU, NOT ON ONE SIDE MORE THAN THE OTHER

TRY TO SHOOT PHOTO WITH NEUTRAL NON OVERLY DISTRACTING BACKGROUND.

MAKE SURE YOUR BACKGROUND IS CLEAN AND TIDY.

CHECK ALL YOUR PHOTOS BEFORE SUBMITTING, MAKE SURE YOUR EYES ARE OPEN ETC