

JEFF
COACH

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GUIDE TO MEASURING YOUR FITNESS & HEALTH RESULTS

From taking progress pictures to correctly recording your measurements, we've got you covered.

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Stay motivated and on track to reach your fitness goals.

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When it comes to recording your measurements, every centimeter counts! Refer to this chapter to make sure that you record your measurements consistently each time.



HOW TO TAKE BEFORE / AFTER PICTURES

Take the time getting it right
- you'll appreciate it down the line!

To guarantee the best progression photos, follow these tips and you'll produce pictures that help you **stay on track**, **monitor your progress** effectively and **reach your fitness goals**.

Tip 1:

SHOW YOUR SHAPE

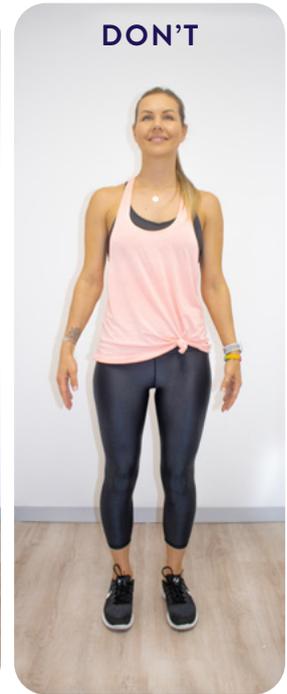
To compare the changes, you'll need to see the changes. It's impossible to do this if you're wearing a baggy t-shirt or shorts. Form-fitting activewear/swimwear is best. Your stomach area should be visible, as this is a great indicator of weight loss and/or muscle gain.



Tip 2:

WEAR THE SAME CLOTHES

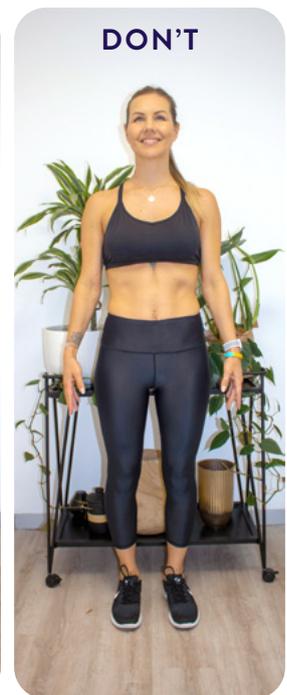
If you can't wear the same outfit, at least wear something similar every time you take your picture. If you're proud of your progress, you might want to show others, so we encourage you to avoid posing in your underwear.



Tip 3:

USE A PLAIN WALL

Make sure there is no clutter, patterns, bright colors or distracting objects in the background. Also, use the same spot for each time you take your progress shots.



Tip 4:

TAKE A FULL-BODY PHOTO AT EYE LEVEL

No mirror selfies. If you find this challenging, ask someone you feel comfortable with to take your photo or use a timer function. Make sure to position your body straight and center to fill the frame.



Tip 5:

SHOOT FROM 3 ANGLES

To understand the full scope of how your body is changing, it's important to capture your front, side, and back. For consistency, always choose the same side each time.



Tip 6:

STAND IN NATURAL LIGHT

Try to take your photo in natural daylight. If that isn't possible, ensure that your room is well lit and there is as much light as possible.



Tip 7:

MAINTAIN GOOD POSTURE

Stand up straight, with your shoulders back and down and arms away from your hips at your sides. Recreate the same pose each time.



Tip 8:

TAKE PHOTOS EVERY MONTH

It's important to take your photos once a month so that you can track your progress.

BOTTOM LINE

Take your time getting your photos right — you'll appreciate it down the line. This is your journey and you should take pride each step of the way. Clear, well-captured progress photos will really help you see just how far you've come and will propel you even further to reach your fitness goals.



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HOW TO CORRECTLY RECORD YOUR MEASUREMENTS

Once you have learned the art of recording your measurements, submit your data on the JEFF Web App so that you can keep track of your progress!

1.

UPLOAD BODY PROGRESS PICTURES

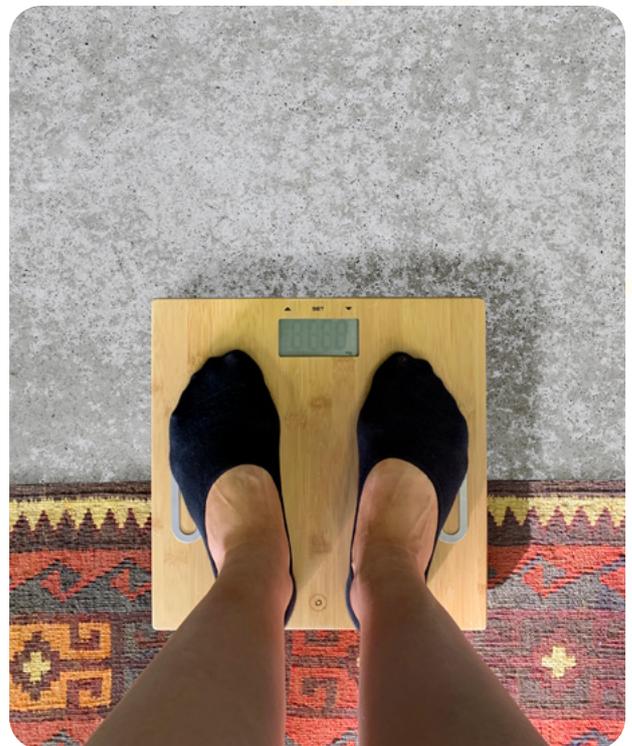
To understand the full scope of how your body is changing, it's important to capture your front, side, and back. For consistency, always choose the same side angle each time and ensure that you wear the same clothing you wore in your initial photographs. Please refer to page 3 - 8 when taking these pictures.



2.

RECORD YOUR WEIGHT IN THE JEFF WEB APP

Weight isn't always the best measure of success. Muscle mass is heavier than fat, so don't be discouraged if you are weighing more. Make sure to weigh yourself first thing in the morning before eating or drinking anything. Record your weight in the JEFF Web App.



3.

TAKE YOUR MEASUREMENTS

Body shape change is the real win! Make sure that you have a tape measure on hand. Record at the exact same locations each month to ensure that you record accurate results. Once you have taken the below measurements, record them in the JEFF Web App.

1. Chest

Ensure that your tape measure is straight around your back, and that the front and back are horizontally aligned with your both of your nipples. Breathe in, and as you breathe out, take your measurement.

2. Abdomen / waist

Round your tape measure around your stomach, using your belly button as the reference point for recording your centimeters. Once again, make sure that the front and back of the tape measure are horizontally aligned. Using a mirror is your best bet here. Breathe in, and as you breathe out, pinch where your tape measure meets and record that measurement.

3. Hips

Locate the correct area of your hips - the widest point around your buttocks. Your hip measurement should include your buttocks and hips. Hold the start of the tape measure on one hip, wrap it around your buttocks where it is the widest, around your other hip and then back to where you started. Pinch where your tape measure meets and record that measurement.

4. Quad

Prop your leg up on a chair or step, forming a 90 degree angle with your leg. Use your index finger to feel for the top of your knee cap. Keep your index finger in this groove and then using the same hand, stretch out your thumb as far as it can go. Pop the start of your tape measure under your thumb, and then circle the tape measure around your leg, using this point as your reference point. Make sure that the top and bottom of the tape measure around your leg is aligned.

CONSISTENCY = RESULTS

Let's smash this, legend!

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