

Capture Your Transformation Journey

The 28 Day Life Reset is an incredible experience filled with moments of growth and transformation. Don't miss out on capturing this amazing experience—taking before and after photos is a vital part of the journey.



by Human Garage

Don't regret it!

You're about to embark on a journey to transform your life and nothing captures the results of this experience quite like a set of before and after photos. Whether you just want to keep them as a personal reminder of how far you've come, or you want to share your story with the world, prepare to document this experience!

Most people skip this part of the reset because they don't want to be disappointed, in fear they won't see a change. However, what we've noticed is people regret not taking them because they have no visual reference to explain how different they feel.

We highly recommend that you take a Before Photo because it is extremely important for integrating the changes. As you see a past version of yourself you will see how far you've come and what's changed. If you know how far you've come and what's changed it adds value in the moments when you don't know if you're on the right track, or you're not feeling well, or you need that extra motivation to continue moving forward.

The brain is tricky and plays games on us. It makes everything, including changes seem normal, so changes become difficult to perceive over short periods of time.

I promise you, every single person who does not take a photo regrets it in the end.

Capturing Your Photos

Taking accurate before and after photos is crucial for tracking your transformation journey effectively. Follow these practical steps to ensure precision and relevance in your visual documentation.

1 — Lighting & Location

Find a well-lit area, preferably with natural light, and choose a consistent location for taking photos to maintain uniform lighting.

2 — Outfit & Composition

Wear the same outfit in the before and after photos, ideally swimsuit or form-fitting workout clothing, and ensure high-resolution full-body photos with clear visibility of your face.

3 — Consistency & Timing

Consistency is key—take photos at the same time of day and repeat the same poses and clothing for precise comparison. Capture photos on Day 1, Day 14, and Day 28 for an accurate progression record.

4 — Posture & Prep

Make sure you are not smiling. If you have long hair please put it up. Tuck in your shirt if it makes it easier to see your posture. Don't try to stand differently. Take a deep breath in and exhale to relax.

An almost perfect example....

In this photo you can clearly see her face. She is not smiling. Her hair is not in the way. The outfit is the same. The lighting is almost identical.

This is an example of an almost perfect before and after photo.



Additional tips...

When taking the photo make sure the camera is at head height.

Your phone camera is most likely good enough!

Use a tripod to maintain consistency.

Ask a friend for help or set a timer and walk into position.

Stand one foot off of the wall.

All three angles

There are three angles we want to see the photos in.

Full body front, full body side (facing left) and a close up of your face.

Front View - Full Body



Side View - Full Body (Facing Left)



Close up - Face



When to take your photos

Creating a side-by-side visual of your before and after photos can be an impactful way to showcase your transformation journey. By comparing your original self with your evolved self, you highlight the incredible progress made along the way.

Day 1	Day 28
Initial photo for baseline comparison	Visual testament to your transformative journey

Create your Before & After Photo

To put together your before and after photo side by side we recommend using an app like Pic-Stitch that is free and easy to use. You can download the Android version ([here](#)) or the apple IOS version ([here](#)) depending on the device you use.

Once you've downloaded the app, add your before photo and your after photo. Put the before photo on the left and the after photo on the right. Do your best to line them up and make them the same size.

Once you are done, you can export your photo. If you are using the free version you may have to wait for an ad to finish before it will let you.

Once exported you will be able to find the photo in your photo album on your phone.

From here you can share it in the before and after section of the community portal.



Importance of Sharing

Sharing your before photos with the community helps inspire others who are on a similar journey.

Posting your progression in the community not only offers you encouragement and accountability but also motivates others.