

A photograph of a woman standing in a full-body photo booth. She is wearing a black tank top and black leggings, and is standing on a light-colored wooden floor. To her left is a black tripod holding a smartphone. The background is a plain, light-colored wall.

1. Preparation:

Space & Lighting:

- Use a well-lit room natural light is best, avoid direct sun.
- Ensure a plain, clutter-free background.

Attire:

- Wear form-fitting clothing showing your body shape (e.g., activewear)

Camera Setup:

- Use any camera (phone, tablet)
- Steady the camera (tripod or have someone assist)
- Ensure your full body head-to-toe is in frame.
- Clean lens. No filters or edits.

Information:

Know your current weight to state in the video.



2. Recording:

Introduction:

Clearly state your full name and the current date.

Clearly state your current weight.

Full Body Views

(5–10 seconds each
turn slowly)

Front View:

Face camera, arms at sides

Right Side View:

Turn 90° right, arms at sides

Back View:

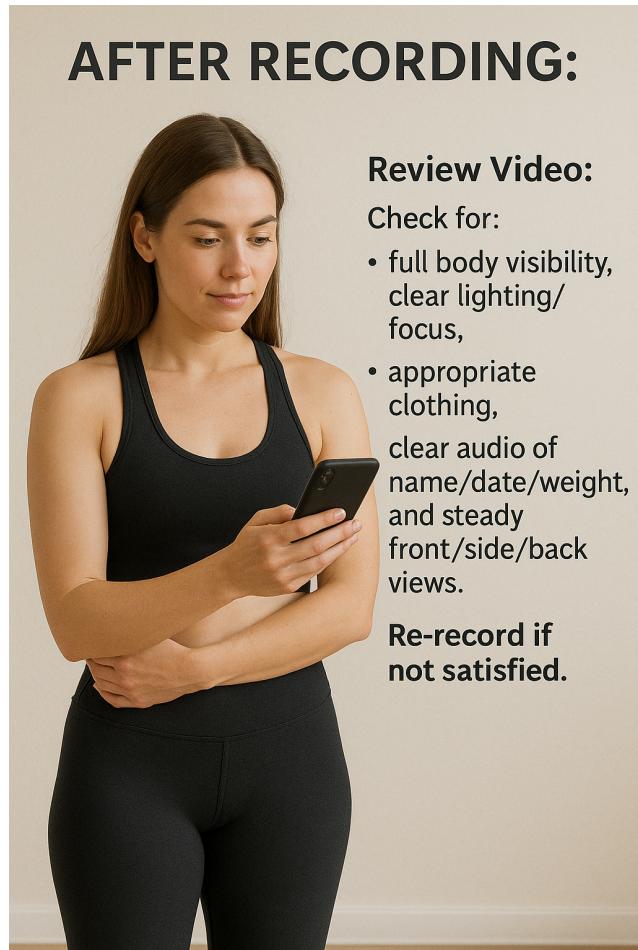
Turn 90° right, arms at sides

Left Side View:

Turn 90° right, arms at sides

Proof of Weight:

- Clearly show yourself stepping onto the scales.
- Once on the scales point the camera at the measuring screen.
- Please make sure the weighing screen is clear.
- Allow for the weight to stabilise and the reading to be complete.
- Once reading is complete, wait 5 seconds before stepping off,



Review Video:

Check for:

- full body visibility, clear lighting/ focus,
- appropriate clothing, clear audio of name/date/weight, and steady front/side/back views.

Re-record if not satisfied.

What is NOT Acceptable (Avoid Rejection):

- **Poor Video Quality:**
 - Too dark, too bright, harsh glare, or significant shadows.
 - Blurry, out-of-focus, or very shaky footage.
 - Body parts cut off; standing too far or too close to the camera.
- **Obscuring Figure/Details:**
 - Loose, baggy, bulky, or heavily layered clothing.
 - Cluttered/distracting backgrounds.
- **Missing/Incorrect Information or Procedure:**
 - Name, date, or weight not clearly stated.
 - Missing any required views (front, back, sides).
 - Rapid or erratic movements.
 - Use of filters or video edits.