

How to take photos

- ✔ Make sure you wear **tight clothes**: tank top and leggings will do just fine

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Friend Mode

Ask a friend to take a photo of you.

or

Hands-Free Mode

Take a picture by yourself.



- ✔ Keep the device at 90° angle at the waistline. Stand 3-4 steps away

- ✔ Stand your phone upright on a table, turn up the volume

3

Front Photo

Requirements



- ✔ Head looking straight ahead
- ✔ Keep the posture straight
- ✔ Straight arms are 6 inches (15 cm) apart
- ✔ Legs are 7 inches (18 cm) apart

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Side Photo

Requirements



- ✔ Head looking straight ahead
- ✔ Keep the posture straight
- ✔ Arms are rested on the sides of the thighs
- ✔ Legs and feet are standing together

Wrong postures

! Front Photo



Arms should not be put on the hips, crossed behind the back, or over the head



Legs and arms should not be together



Don't lean over

! Side Photo



Don't tilt the head



Arms should be placed with the line on the pants



Legs and feet should be together



Don't slouch



Don't stand in half-turn