
DIG IN™
OFFICIAL TEST GROUP

WEEKLY CHALLENGES | DUE DATES



DUE MONDAY 12/1: 300 points
- DAY 1 PHOTOS, MEASUREMENTS & VLOG

DUE MONDAY 12/8: 400 points
- WEEK 1 VLOG

DUE MONDAY 12/15: 600 points
- WORKOUT VIDEOS

DUE MONDAY 12/22: 800 points
- SOCIAL SHARING CHALLENGE

DUE TUESDAY 12/30: 1000 points
- DAY 30 PHOTOS, MEASUREMENTS, and VLOG

Final submissions will be accepted until January 11

HOW TO TAKE YOUR STATS:



WATCH THE VIDEO ON HOW TO PROPERLY TAKE YOUR MEASUREMENTS. PLEASE DO THIS THE FIRST THING IN THE MORNING ON DAY 1 AND DAY 30.

⬇️**CLICK THIS LINK**⬇️

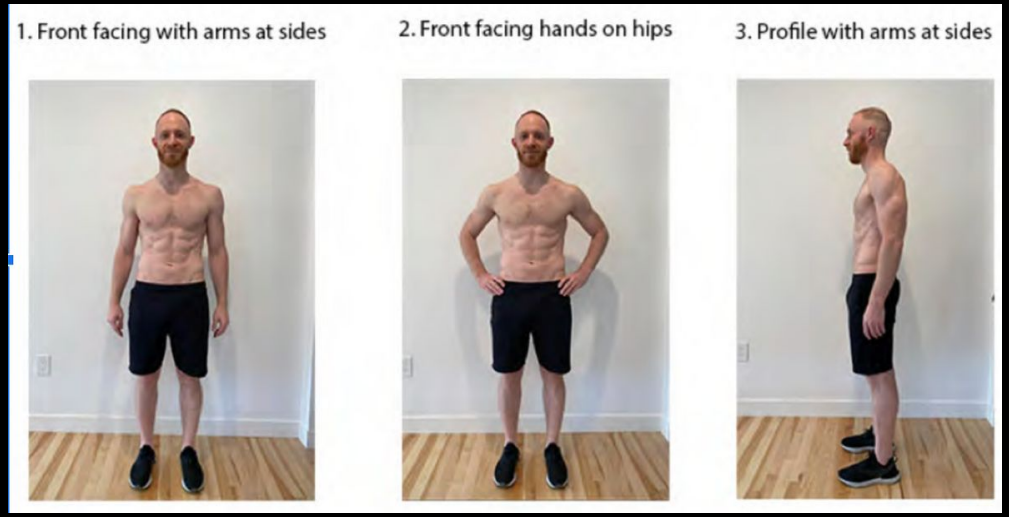
https://bit.ly/449PsVP

HOW TO TAKE A SELFIE:



- Selfies should be taken in a mirror.
- Full-length or a bathroom mirror at least waist up.
- We must see your face and belly button in each shot.
- Tidy up your background & clean your mirror.
- Make sure you have good and consistent lighting.
- No high-waisted bottoms!
- Women: Sports bra
- Men: Shirtless
- SMILE!

HOW TO TAKE POSED PHOTOS:



- These are not selfies
- Must be taken head to toe. Use a timer or have someone take these of you.
- Pick a plain wall or door to stand against.
- Good lighting is critical, take your pics at the same time of day with even and good lighting.
- We must see your belly button in each shot.
- No high-waisted bottoms!
- Women: Sports bra
- Men: Shirtless

HOW TO FILM WORKOUT B-ROLL:



- Make sure your ENTIRE body is in the frame.
- Put your phone on a solid surface at eye level so that the frame is steady
- DO NOT CROP YOUR VIDEOS
- DO NOT EDIT YOUR VIDEOS
- Film yourself doing a few different moves from the program.

HOW TO FILM VLOGS:



- Film in a brightly lit room
- Use your smartphone to film
- Utilize a tripod or some type of level surface to keep your phone completely still
- DO NOT use the selfie camera side when filming
- Avoid backlighting! Don’t film with your back to an open window with sunlight pouring in.
- Film in a quiet room with minimal background noise so we can hear you
- Avoid blurry video, and wipe your camera lens clean of fingerprints.
- Please be standing, and film from your waist up. <-Your shot should look like this

REWARDS FOR COMPLETION!

- Points awarded for each challenge completed.
- A FREE SHIRT for completing all challenges.
- A chance to see your story on the BODiStories Instagram page!

