## **FOLLOW THESE TIPS FOR A GREAT SUBMISSION**

## DO



Display the "date validation" image in one front view photo



Take full-body photos



Wear the same close-fitting athletic attire in each photo (shorts, tank-top, sports bra)



Take photos in a well-lit room in front of the same solid, light-colored backdrop

## **DON'T**



Submit "selfies" or photos taken in a mirror



Take photos infront of a busy/poorly lit background



Wear loose-fitting clothing or overly revealing/provocative attire



Take photos in a dimly lit room