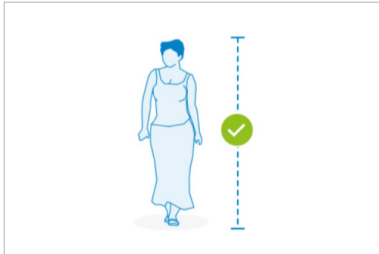


MODIUS[®]
PHOTO & VIDEO

TIPS & TRICKS

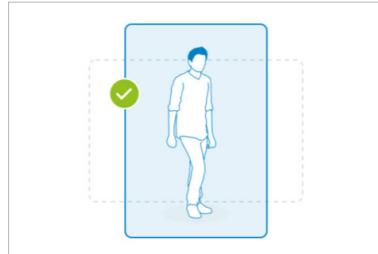
Taking before and progress photos - Tips & tricks

Want to keep track of how far you have come? One of the best ways is to make sure you take a top-notch before and progress photo to show off your success!



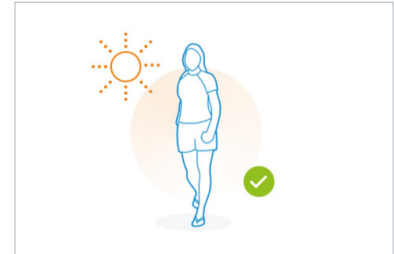
1. Include a full body shot

Be sure to capture your entire body in the photo – from head to toe!



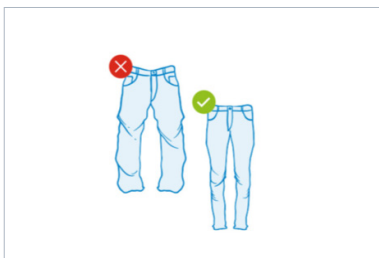
2. Shoot vertically

To ensure you capture your full body, we recommend taking a photo vertically on your phone or camera. If you're photographing yourself, make sure you hold your camera at an angle that doesn't block your face in the mirror.



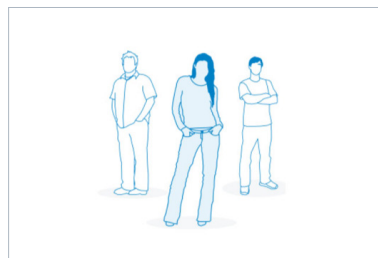
3. Lighting is key!

If someone else is taking your photo, try to shoot in natural light either outside or near a window, rather than using a flash. If you're taking the shot in front of a mirror, make sure you have adequate lighting, so the image isn't too dark.



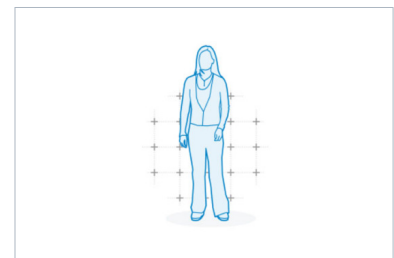
4. Clothes

Wear clothes that show off your results! Avoid wearing baggy clothing.



5. Take a few different shots

Don't be afraid to take a few different shots to ensure you get the best one that shows off your weight loss progress. Remember, pictures can always be deleted afterwards, but it's great to have options from different angles.



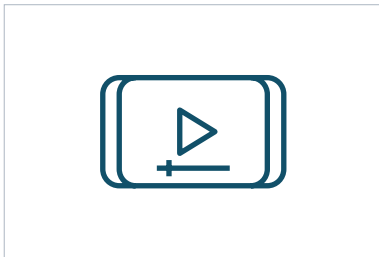
6. Keep it simple

You're the star of this photo. Keep the background simple, your results will shine through!

Video Testimonial - Tips & tricks

In this short guide you will find our suggested questions and topic areas to cover in your film, along with our tips to help you before you press record.

How to setup your phone or video camera for filming...



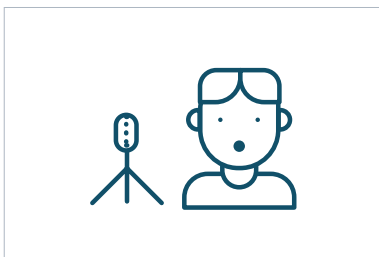
1. Please make sure your camera is placed in a landscape position.



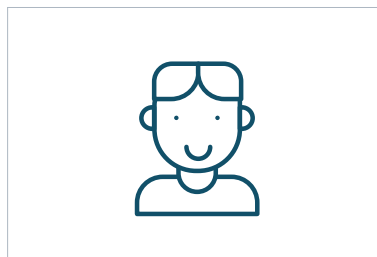
2. Place your camera on a steady base (this prevents the footage from shaking).



3. Make sure your entire face is in the shot. (Aim for a head and shoulder view to make sure you aren't too far away or too close to the camera).



4. Do a quick voice test before you start to check that you can be heard nice and clearly.



5. Pick somewhere that has no or very minimal background noise where you won't be disturbed mid filming.

Video Testimonial - Tips & tricks

How to answer the suggested questions...

1. Answer the suggested questions without quoting the question.

For example, try **NOT** to say 'What do you like the most about Modius? The thing I like the most about is'...instead **PLEASE** start with a statement such as 'The thing I like the most about Modius is...'

2. Allow your responses to flow like a story from question 1 right through to the end.

3. Don't forget to smile while you talk

Suggested questions

1. Tell us your name and where you are from?

2. Tell us about your weight loss journey before Modius...

- Did you struggle to stay on a diet?
- Did you find it difficult to lose weight?
- Were sugar cravings your downfall?
- Were you able to lose weight initially but not keep it off?

3. How has Modius changed your life?

For example, has it...

- Improved your sleep
- Reduced your appetite
- Improved your mood
- Give you more confidence
- Less snacking

4. Would you recommend Modius to a family member or friend?