Model Checklist

- Be yourself and go slow
- Prepare hairstyle, makeup, fingernails, and toenails beforehand
- Have some of your own wardrobe available
- Wear loose clothing to avoid skin lines beforehand – avoid tight elastic
- Drink plenty of water beforehand but no alcohol
- Review and practice sample poses to be prepared beforehand
- Be prepared to discuss preferred poses – be yourself, it's up to you
- When photographed, vary smiles, facial, and body positions – don't always look at the camera
- In standing positions, place your weight on one of your feet
- In sitting positions, place your weight on your back hip or thigh
- Try to tuck your stomach in as much as possible
- Turn off your phone
- Take your time and be comfortable – don't hesitate or be afraid to ask questions