

FEMALE PORTRAIT CHECKLIST

- ☑ **Posture:** Straight.
- ☑ **Shoulders:** Tilted to camera.
- ☑ **Hips:** Gently twisted, turned away farther than shoulders.
- ☑ **Legs:** Separated slightly. Knees bent. Legs not parallel.
- ☑ **Head:** Turned to seven-eighths or three-quarters. Tilted slightly to the side towards high shoulder. Tilted forward slightly.
- ☑ **Eyes:** Catch lights at 10 o'clock or 2 o'clock. Focus on near eye.
- ☑ **Arms:** Bend elbows and wrists. Separate from body.
- ☑ **Hands:** Do not show the backs of hands or hold the hands out toward the camera. Show sides or hide completely. If you show the fingers, show them all, and separate them evenly.
- ☑ **Hair:** Separate from background, light to show shine. Check for flyaways.
- ☑ **Lighting:** Soft, but with enough shadow to add definition to the face. Use narrow lighting that casts the near side of the face in shadow.

MALE PORTRAIT CHECKLIST

- ☑ **Posture:** Straight.
- ☑ **Shoulders:** Straight or slightly tilted to camera.
- ☑ **Hips:** Straight or titled with the shoulders.
- ☑ **Legs:** Separated slightly. Knees bent. Legs not parallel.
- ☑ **Head:** Turned direct to camera or at seven-eighths. Held straight vertically or titled slightly to the side towards low shoulder.
- ☑ **Eyes:** Catch lights at 10 o'clock or 2 o'clock. Focus on near eye.
- ☑ **Arms:** Bend elbows and wrists. Separate from body to thin appearance.
- ☑ **Hands:** Hidden or held in loose fists. If you show the fingers, show them all, and separate them evenly.
- ☑ **Hair:** Separate from background, light to show shine.
- ☑ **Lighting:** For greater drama, you can reduce fill to add more shadows. If you want to make the face appear wider, use broad lighting.