



Competition Prep Financial Worksheet

Bodybuilding is an amazing sport, where you learn just as much about your mind as you do your body. But it can be an expensive sport, we've put together this checklist along with realistic estimates for each item so you can have a complete understanding of the financial costs associated with competing.

Show Date

Prep Start Date

Peak Week

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Completed	Item	Comments	Estimated Cost	Actual Cost
One-Time Costs				
	Federation Membership		\$125	
	Entry Fees (per division)	<i>Entry fees are higher at National Level competitions</i>	\$100	
	Suit	<i>Order your suit 6-8 weeks out! (Ask about suit rentals)</i>	\$300-\$750	
	Shoes	<i>You need to begin posing IMMEDIATELY</i>	\$50	
	Jewelry	<i>2 bracelets, 1 ring and 1 pair of earrings</i>	\$50	
	Tanning	<i>Book your tanning session early these slots fill up fast</i>	\$130	
	Hair	<i>This price does not include extension or braids</i>	\$125	
	Make Up	<i>Book your make up session 2 months in advance</i>	\$125	
	Waist Trainer	<i>Start Now</i>	\$50-\$75	
	Off Stage Accessories	<i>Robes, slides, etc</i>	\$75	
			\$1,060 - \$1,530	
Monthly Costs				
	Coach		\$250/month	
	Supplements		\$100/month	
	Posing Sessions	<i>You need to begin posing IMMEDIATELY 1-3 session/month</i>	\$75/session	
			\$400/month	
Travel Costs				
	Hotel	<i>Sign up for Hotel Rewards Program</i>	\$350	
	Travel		\$300	
	Rental Car		\$250	
	Coaches Travel Expenses	<i>Travel expenses are split between team members attending the show</i>	\$500	
	Extras	Mani, Pedi, Celebration dinner	\$100	
			\$1,500	

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