
2023-2024 ESTIMATED COMPETITION EXPENSES

So you want to compete in BODYBUILDING?! CONGRATULATIONS! Before you make sure it's the RIGHT TIME to make this commitment, we hope you find this list of ESTIMATED competition expenses to be helpful as you strategize your BUDGET for a successful prep!

STEP 1: Select Your Show

NPC:

Website: <https://npcnewsonline.com/>

- NPC Membership: \$150
- Competitor Entrance Fee: \$135
- Additional Classes: \$135

INBF/WNBF:

Website: [World Natural Bodybuilding Federation – Over 34 Years of Polygraph & Urinalysis Tested Bodybuilding & Physique Events World Wide \(worldnaturalbb.com\)](https://www.worldnaturalbodybuilding.com/)

- INBF Membership: \$80
- Competitor Entrance Fee: \$100
- Additional Classes: \$100

Most drug-tested federations fall close to the same price range as INBF/WNBF.



Carly Kovacik (Women's Physique)

The Open Natural

Show info: <https://www.theopennatural.com/aboutus>

2023 recap & motivational video: <https://youtu.be/-h598y5R7Tw?si=vwnsN8C8q2QhD4zi>

Next show date (tentative): July 13, 2024 in Seattle, WA, US

(no membership required as this is an open competition)

- Competitor Entrance Fee: \$100
- Additional Classes: \$100

STEP 2: Purchase Proactively

The following list shows required and optional purchasing considerations depending on your competition, class, and preferences:

- Classic Physique trunks: \$45 (Amazon)

- Men's Bodybuilding trunks : \$40 (Amazon, Jed North)
- Men's Physique trunks: \$55-\$75 (Alphalete, Team Chula, Fied)
- Women's Bikini, Physique, Bodybuilding Competition Suit: \$300-\$500 (Radiant Physique Wear, Muscle Dazzle, Angel Bikinis)
- Women's Stage Heels: \$100 (The Shoe Fairy)
- Spray Tan: \$175 (through show website; using sponsored tanner usually is wisest)
- Photography: \$125 (through show website, required at some drug-tested competitions)
- Women's Makeup/Hair: \$250 (optional)
- Women's Jewelry: \$25-\$100 (optional)
- Bedsheets (for spray tan): \$20-50
- Competition Performance Supplements (for a natural athlete): \$100-\$300/mo

Additional considerations for TRAVEL:

- Hotel or Air-B-N-B
- Flights
- Cash for food and after-party
- Gym guest passes



Melony Murray (Bikini)

STEP 3: Prepare Like a Pro

- Coach Specializing in Contest Prep: most coaches vary from \$300-\$500/mo depending on experience, expertise & length of prep
- Posing Classes: \$20-\$30 per session, weekly, for 8 weeks (\$160-240 for prep)

Plan for Success

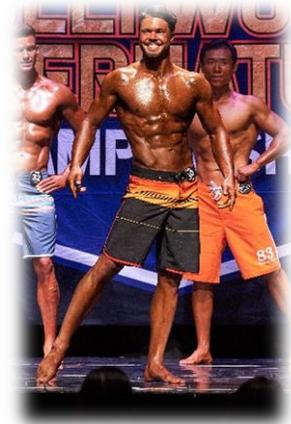
COMPETITION PREP will tax you physically and mentally to your limits. This is an excellent opportunity to refine your PRIORITIES to WHAT MATTERS MOST.

ASK YOURSELF: Where am I spending unnecessary TIME and MONEY?

- Coffee stands
- Fast food
- Entertainment subscriptions

Do you circadian rhythm a favor and listen to educational podcasts or read a good contest prep book! We recommend:

- ➔ [*Bodybuilding: The Complete Contest Preparation Handbook*](#) by Peter J. Fitschen & Cliff Wilson
- ➔ [*Ketogenic Bodybuilding: A Natural Athlete's Guide to Competitive Savagery*](#) by Robert Sikes



Beau Milton (Men's Physique)

What FOODS are in my house that I won't be needing on prep?

- Most (if not all) carbohydrate sources
- Processed foods
- Foods with low nutritional value
- Alcohol

In order to compete "financially at peace," you may likely need make some healthy lifestyle changes that will help contribute to managing the costs of your prep.

Expenses at a Glance (excluding travel)

Expense	Male		Female	
	min	max	min	max
Membership	\$ -	\$ 150	\$ -	\$ 150
Show Entrance Fee	\$ 100	\$ 135	\$ 100	\$ 135
Additional Categories	\$ -	\$ 540	\$ -	\$ 540
Trunks (men) / Suits (ladies)	\$ 40	\$ 75	\$ 300	\$ 500
Heels, Makeup & Jewelry	\$ -	\$ -	\$ 100	\$ 350
Spray Tan	\$ 175	\$ 175	\$ 175	\$ 175
Bedsheets for Tan	\$ 20	\$ 40	\$ 20	\$ 40
Supplements	\$ 100	\$ 300	\$ 100	\$ 300
Prep Coach	\$ 300	\$ 500	\$ 300	\$ 500
Posing Classes	\$ 160	\$ 240	\$ 160	\$ 240
TOTAL (USD)	\$ 895	\$ 2,155	\$ 1,255	\$ 2,930



Courtney Mrkvicka (Bikini)

Strategies to Attract Sponsors

If you're a real GO-GETTER, a SPONSOR can help significantly in compensating the expenses you will otherwise need to pay out of pocket.

Earning a sponsorship requires WORK; no one will sponsor you just to be nice! Before approaching a sponsor, ask yourself questions like this:

- ➔ How will my performance and placings provide genuine exposure for this company?
- ➔ How can I best represent my sponsor?
- ➔ What type of nutrition company, service, or brand is most authentic to my reasons for competing in the sport of bodybuilding?

Sponsors = RELATIONSHIPS FOR LIFE. If someone wants to SPONSOR YOU, it means they BELIEVE IN YOU. If you are fortunate enough to earn the business of a sponsor, GO ABOVE AND BEYOND FOR THEM!

I've been sponsored by Metabolic Nutrition, Paradise Airbrush Tanning, and Celtic Sea Salt. The owners of these companies and I remain in constant communication to this day, and it all started because they helped me financially when I needed it. I will never forget their generosity and continue to send business their way in every way possible. The best book I can recommend for this kind of mentality to put yourself in the shoes of your sponsor is [How to Win Friends & Influence People in the Digital Age](#), by Dale Carnegie. It's the bestselling nonfiction book of the 20th century, and for a good reason: it's a timeless classic.

Bodybuilding-Related Sponsor Ideas:

- Your local supplement store
- Your local health store
- Online supplement & affiliate marketing companies in the fitness space
- Clothing & apparel



Jerrett Dean (Men's Physique)



Sponsors do NOT necessarily have to be fitness-related! Jerrett Dean was sponsored at the NPC Northwest Championships by the company he works for, Timberland Inc.!

TO SUMMARIZE: You never know who believes in and is willing to help you on this journey until you ASK. You can do anything you want to if you want to badly enough.

Lawrence "The Hero" (Men's Bodybuilding)

Whether you're OUT TO WIN, or simply out to BEAT THE "OLD YOU," we pray for GROWTH, WISDOM, & BLESSINGS for you and your bodybuilding journey!

-Colt & Taylor Milton

www.supersetyourlife.com

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