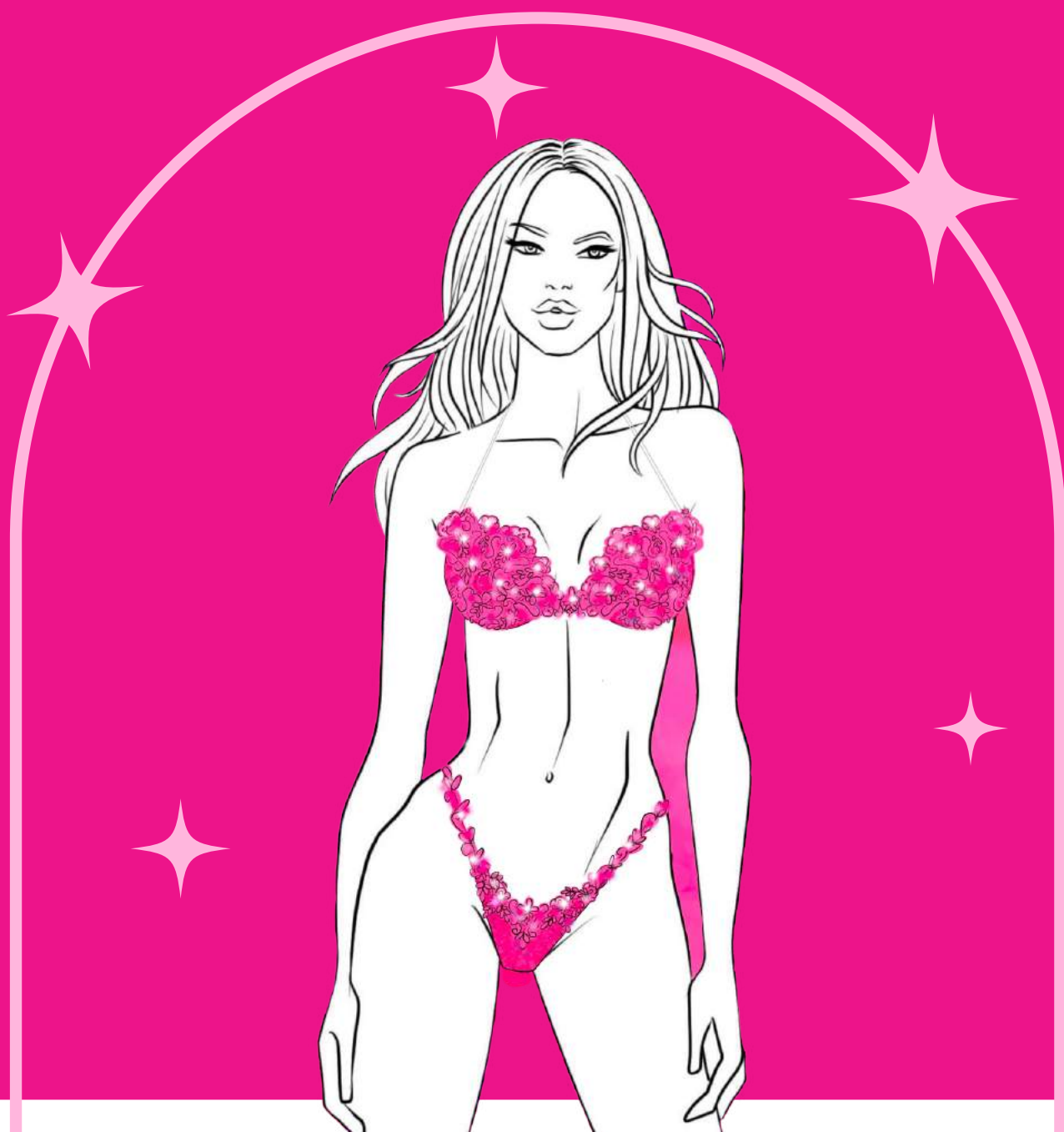


# *Glamfit* COMPETITION PLANNER



# WEEKLY PLANNER



Week:

M
T
W
T
F
S
S

*Goals*

*Notes*

*To do*

# PREP BUDGET



Competition Date:

Item	Price	Paid	Received
Coaching			
Posing coaching			
Stage photos/video			
Registration/membership			
Gym Membership			
Bikini			
Heels			
Posing Bikini			
Robe			
Jewellery			
Hair Extensions			
Hair styling			
Nails			
Makeup			
Tan			
Meal Prep			
Supplements			
Recovery			
Flights			
Photoshoot			
Accomodation			
<b>Total :</b>			

