

# BODYBUILDER ON A BUDGET

## Competition Budget

SHOW DETAILS:

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### RECURRING COST

DATE	DESCRIPTION	PURCHASE	AMOUNT

### ONE TIME COST

DATE	DESCRIPTION	PURCHASE	AMOUNT

### SHOW DAY COST

DATE	DESCRIPTION	PURCHASE	AMOUNT

# WEEKLY

## Budgeting Timeline

PREP TIMELINE:

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16 WEEKS OUT:

EXPENSES:

12 WEEKS OUT:

EXPENSES:

8 WEEKS OUT:

EXPENSES:

4 WEEKS OUT:

EXPENSES:

2 WEEKS OUT:

EXPENSES:

PEAK WEEK:

EXPENSES:

SHOW DAY:

EXPENSES:

TOTAL:

# DETAILED

*Item List for Competition*

SHOW & LOCATION:

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every prep will be different but I wanted to put together a list of staple items the last three underlined things are the MOST IMPORTANT

coaching/training fees

NPC or IFBB card

class registration fees (if competing  
in NPC)

gym membership

travel expenses

hair appointment

makeup or makeup appointment

jewelry

tanning

suit

shoes