

Kimberly Doehnert's
30-Day PRE-CONTEST PREP
Challenge

COMPETITOR TRACKING GUIDE

These are approximate first-time stage weight and body fat numbers below. Contest prep is about 16-20 weeks of progressive training, diet, supplementation, etc. Pre-contest weight (start weight) would normally begin 15-25 pounds from stage weight.

HEIGHT	BIKINI WEIGHT	BIKINI BODY FAT	FIGURE WEIGHT	FIGURE BODY FAT
5'0"	95-100	10-15%	100-110	8-12%
5'3"	100-110	10-15%	110-115	8-12%
5'5"	110-120	10-15%	115-125	8-12%
5'7"	120-130	15-20%	130-140	10-12%
5'9"	130-140	15-20%	140-150	10-12%
5'11"	145-160	12-15%	145-160	10-12%