

5-DAY CONTEST PREP CHALLENGE

Figure, Bikini, & Wellness Stat Tracker

Every 4 weeks take assessments/measurements to ensure you are maintaining or progressing incrementally. Use this guide to help you determine critical program changes during prep.

DATE	WEIGHT	WAIST/NAVEL	CHEST	HIPS	QUAD	BICEP	CALF	BF %
Week 0								
Week 4								
Week 8								
Week 12								
Week 16								
Post Show 2-4 Weeks								