

5-DAY CONTEST PREP CHALLENGE

Competition Progress Tracker

Every 4 weeks take full measurements to ensure you are maintaining or progressing incrementally. Take your weight & photos every 2 weeks during prep. Use this guide to help determine critical program changes to meet show timelines. For the body fat assessment, I recommend the Inbody Body Fat Test for more accuracy. [Click here to find a location.](#)

DATE	WEIGHT	WAIST/NAVEL	CHEST	HIPS	QUAD	BICEP	CALF	BF %
Week 0								
Week 4								
Week 8								
Week 12								
Week 16								
Week 20								
Week 24								
Post Show 4 Weeks								