

saf

COMPETITION-PREPARATION CHECKLIST

By Emily Michelussi

12-10 WEEKS OUT FROM COMPETITION DAY

- Suits and/or costume on order?
(may need more than 10 weeks' notice)
- Book your tan and/or buy self-tanning kit
- Photoshoot booking?
(may need more than 10 weeks' notice)
- Book your makeup (trial?, show day), or buy own
- Book your hair appointment (trial?, show day)
- Confirm your membership
- Confirm your registration and categories
- Look for Facebook and email updates
- Book time off work (if needed)
- Contest diet plan: before/during/after competition
(coach/trainer?)
- Attend SAF preparation workshops for an edge
- Buy clear heels, or check condition of heels you have
- Workout plan from now until 1 week out from show
- Regularly visit SAF website: SeriousAboutFitness.com
- Learn mandatory poses, think about posing routine
(coach/trainer?)
- Buy Bikini Bite/check condition of Bikini Bite owned

6-4 WEEKS OUT FROM COMPETITION DAY

- Outfits in and checked for proper size
- Buy stage jewelry (if needed)
- Choose your music for your posing routine
(if needed)
- Information on ticket purchase for your family/friends
- Book nail appointment, or buy fake nails
- Book a room to stay in close proximity
to the competition facility (if one is needed)
- Visit competition facility to see stage
- Book your waxing appointment for 3-5
days before you get your competition tan
- Be very comfortable with mandatory poses and
routine (practice daily)
- Continue to regularly visit SAF website for updates
- Continue to look for Facebook and email updates
- Research directions to the competition facility
- Become comfortable with skin-prep procedures for
proper competition tan
- Become comfortable walking in clear heels

1 WEEK OUT FROM COMPETITION DAY

- Start gathering the things you need for
competition day
- Photoshoots? (may have one booked
for this week)
- Wax appointment (this week)
- Nail appointment (this week)
- Do skin-prep procedures for proper competition tan
- Know your poses/routine by heart and posing practice
- Plan/buy food you will need for competition day
- Plan/buy food you will need for following day/week
- Plan final workouts and/or cardio for competition day
- Purchase tickets for family and friends

1 DAY BEFORE COMPETITION

- Tan appointment?
(may have one booked for today)
- Old clothes to wear and sleep in
after being tanned
- Cook and pack food for show day
- Put gas in car
- Last-minute posing practice
- Put old sheets on bed before being tanned
- Pack your competition bag (use checklist below!)
- Visualization and mental rehearsal of posing and
competition-day routine
- Charge: phone?, camera?, iPod?

WHAT TO PACK IN YOUR COMPETITION BAG

- Tissues or paper towel
- Competition jewelry
- Makeup
- Flip flops
- Clear heels
- Suit(s) and/or costume
- Fake nails?
- Grocery bags or garbage bags
- Map of location of competition facility
(if needed)
- Bring phone?, camera?, iPod?
- Wet wipes
- Mouth wash
- Phone
- Good suitcase
- Old towel
- Bikini Bite
- Money
- Competition-day food and water
- Extra hair pins, comb, brush, hairspray
- Competition self-tanning kit, glaze/oil?
- Weights and/or bands to PUMP UP backstage!

COMPETITION DAY!

- Packed competition bag
- Hair appointment (booked for today)
- Makeup appointment (booked for today)
- Tan appointment (booked for today)
- Drive to competition facility (arrive on time!)