

PRE-COMP CHECKLIST

Things to do before & as you begin your contest prep journey. Items are covered in much more detail in Module 1.



- ☐ **RESEARCH THE SPORT**
- ☐ **RESEARCH COACHES**
- ☐ **CONSIDER TIME COMMITMENTS**
- ☐ **HIRE A PREP COACH**
- ☐ **PICK A SHOW *GOAL DATE***
- ☐ **START BUILDING SUPPORT SYSTEM**
- ☐ **DEVELOP COMPETITOR LIFESTYLE**

FIRST STEP RESOURCES

NPC News Online - npcnewsonline.com

NPC (& other orgs) District-specific sites:

Example: NPC TN is tennesseebodybuilding.org

Google & YouTube searches usually help a ton!

