**Competing in Fitness, Figure or Bikini**

*How much does it cost?*

The chart below lists the various expenses that should be considered when planning to compete. I cannot tell a lie; competing costs money. Some items apply to all divisions, however, division like fitness require a routine and costume so the expenses will be slightly higher.

I listed ‘*suggested cost’* which is a range of fees that are the minimum and recommended maximum spent on each category. Be advised that more money spend does not mean that you will do better in the show. You do get what you pay for however; there are tricks to saving money while still having a superior competition experience. It is always suggested to research contest preparation coaches, and designers for swimsuits or costumes before committing.

I recommend you doing the worksheet twice. Fill it out with the absolute minimum that you are willing to spend and total it up. Fill it out a second time to see what is the maximum amount YOU are willing to spend. If you do track your expenses for one show, my guess is that your total will land somewhere in the middle.

If you have any questions, feel free to leave a comment in the comments section, or email at [contactallison@yahoo.ca](mailto:contactallison@yahoo.ca)

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**Training**

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Suggested costs** | **Estimated Cost** | **Total** |
| Comp Prep Coach or Online Coach | 50-100/hour  or a monthly fee |  |  |
| Workout gear (gloves, straps, etc) | 50-100 |  |  |
| Gym Membership | 400- 1200 per year |  |  |
| **Training Total** | | |  |

**Nutrition**

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Suggested costs** | **Estimated Cost** | **Total** |
| Food Bill - Weekly | 100-200/week |  |  |
| Tupperware or Glass locks containers or Extra Zip lock baggies | 25-75 |  |  |
| Supplements | 150-200 per month |  |  |
| **Nutrition Total** | | |  |

**Travel**

It is always more economical to find shows closer to home so that you can save on travel costs. However, there might be a lack of local shows in your area, or you might be at a more competitive level, and therefore travelling to compete is required. This can be the bulk of the cost of the competition experience. Many times girls will combine a vacation with competing to save on money.

I would include any money that is lost due to you having to take time off work to travel. If you have vacation days it is always good to use them for this purpose.

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Suggested costs** | **Estimated Cost** | **Total** |
| Hotel | 150-250/night |  |  |
| Gas | 50-75 per fill up |  |  |
| Flight | 250-1200 |  |  |
| Parking | 15-25/day |  |  |
| Taxis | 25-100 |  |  |
| Time off of work | ?? |  |  |
| **Travel Total** | | |  |

**Show**

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Suggested costs** | **Estimated Cost** | **Total** |
| Membership (yearly) | 100-250 |  |  |
| Show Fee | 75-150 |  |  |
| Photographer at Show | 100-200 |  |  |
| Tanning product | 150-200 |  |  |
| Tanning Bed | 50-100 |  |  |
| Hair | 50-200 |  |  |
| Makeup | 50-150 |  |  |
| Swimsuit (new or used – rental) | 250-750 |  |  |
| Shoes (clear heels) | 50-100 |  |  |
| Music | 75-150 |  |  |
| Jewelry | 50-150 |  |  |
| Fitness routine shoes | 75-150 |  |  |
| Fitness routines costume | 350-550 |  |  |
| Themed costume | 250-500 |  |  |
| Robe | 50-100 |  |  |
| Flip Flops | 10-50 |  |  |
| Bands for backstage | 50 |  |  |
| **Show Total** | | |  |

**Grand Totals**

|  |  |
| --- | --- |
| Training |  |
| Nutrition |  |
| Travel |  |
| Show Preparations |  |
| **Grand Total for one show** |  |