

## PHYSICAL PREPARATION

Checklist before commencing your program:

- GP CHECKUP**
- BEFORE PHOTO**
- GYM BAG**
  - WATER BOTTLE
  - SWEAT TOWEL
  - ANTI-PERSPIRANT DEODERANT
  - APPROPRIATE SHOES
  - APPROPRIATE CLOTHING
  - EXTRAS (ASTHMA INHALER ETC)
- FOLDER FOR PRINTOUTS OR NOTEBOOK**
- WEIGH-IN & MEASUREMENTS**
- FOOD SHOPPING**
- FOOD PREPARATION**
- SCHEDULE**
- BEGIN PROGRAM**

**NOTES:** \_\_\_\_\_

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