



NS

IFBB
PROFESSIONAL LEAGUE

Championships

USA
BODY BUILDING

BOMBSHELL
PRODUCTIONS

IFBB
PROFESSIONAL LEAGUE

NPC/IFBB PRO LEAGUE
GRL PWR
Championships

USA
BODY BUILDING

TEAM
PRO

NPC/IFBB PRO LEAGUE
GRL PWR
Championships

BOMBSHELL
PRODUCTIONS

NPC

GRL PWR

SO YOU THINK YOU CAN

B★PREP

BOMBSHELLCHALLENGE

PREP

BLUEPRINT

205

231

[illegible]

FILL IN YOUR USUAL WAKE/SLEEP TIME AND BLOCK OUT KEY PREP ELEMENTS: TRAINING, CARDIO, MEALS, POSING, RECOVERY, AND REAL-LIFE RESPONSIBILITIES (WORK, KIDS, ETC.).

[illegible]

NON-NEGOTIABLES, MODIFICATIONS, OBSTACLES, & REFLECTION

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

N

Non-negotiables

List 3–5 things that
MUST happen every day
—no matter what.

- 1.
- 2.
- 3.
- 4.
- 5.

M

Modificatitons

How does your routine
shift on weekends? How
will you stay on track?

O

Obstacles

What usually throws you
off? How will you handle
it this time?

OBSTACLE:

RESPONSE:

OBSTACLE:

RESPONSE:

R

Reflection

What felt GOOD about
this schedule?

R

Reflection

What's one change you'll
make for next week?
