

# POST SHOW PLAYBOOK



**Date:**

**Name:**

**Show:**

**Placing/Result:**

**3 keys things you have learnt:**

**Judges feedback:**

**Coach's feedback:**

**What are main areas of improvement you want to work on?**

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## THE GAME PLAN

**Do you already have a game plan post show?**

*If not, I strongly encourage you to ask your coach for your game plan after the show, at least a week before you step on stage. Remember, anticipation is key to post show success.*

**What is the game plan post show regarding...**

**FOOD**

**TRAINING**

**SUPPLEMENTS**

**CARDIO**

**OTHER**

**How/Why has this been decided for you?**

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## **AWARENESS**

**What have I noticed about myself or body during prep that will help me post show?**

**What has been your experiences with 'binge-eating' and food in the past?**

**What has triggered these experiences in the past?**

What have I done in the past to overcome these difficulties?

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# ANTICIPATE

How can I typically expect to feel....

*Day of the show - pre stage*

*Day of the show - post stage*

*Day after show*

*First week after show*

*Month after show*

*3 months after show*

*6 months after show*

**What are the biggest challenges I can expect to be faced with after my show?**

**What is my support network to help me overcome these challenges?**

**What is my system for overcoming these challenges?**

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## **NOT JUST A BIKINI GIRL**

**What have I neglected due to my competing commitments?**

**What else is going on in my life aside from competing?**

**What do I need to focus on aside from my competing goals?**

**What am I looking forward to doing after my show which isn't related to food or drink?**

**Who close to you do you need to thank and show your appreciation to?**

**How are you going to do this?**

**NEED FURTHER  
HELP/ADVICE?**

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