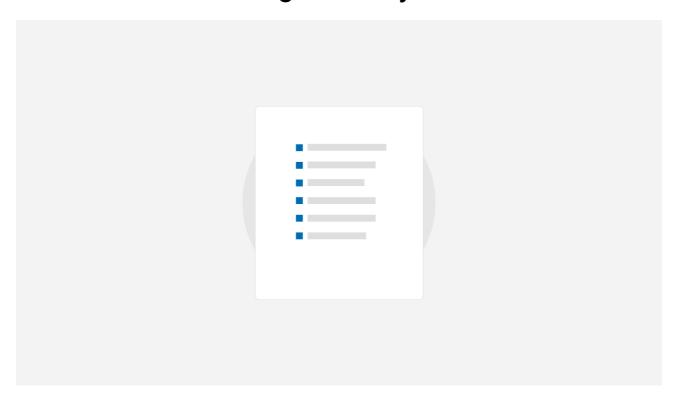
Powerlifting Meet Day Checklist



Singlet
Socks/Underwear/Bra
Belt
Knee Sleeves
T-Shirt
Shoes
Hair elastics
Food and Drinks
Pain Reliever
Foam Roller/Theraband
Membership card & ID

A Good Attitude