

# The Fit Show Story Project 2020



Please feel free to add pages if this is not sufficient room below.

The more you can share, the better!

Deadline to enter is August 8, 2020 at midnight!

The top 10 finalists of the "Whitney Wisser Overcomer Award" will be announced on Aug 15 - More details to come!

Full Name:

What made you start working out/strength training in general?

How did you make the decision to set a goal of stepping on stage to compete for the first time and begin prepping?

What kept you going when things got tough? And do you have a favorite quote or mantra that you live by?

What is one thing that competing has taught you about yourself?

Is there anything specific that you've had to overcome and what that process was like?

Is there anything else you'd like to share? Please share as much as you'd like.