



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PLANNING AND SUPPORT · EVERY CHECKLIST

CHECKLISTS

Every logistical point in the guide, in one place.
What to buy, who to book, what to set up, and what
you do every day and every week.

SHOW ME VERSION

PRO VERSION

221 ITEMS

These are your goals, so this list is yours. I won't chase you on it. Tick what you actually did, and be honest with yourself.

01

SHOPPING LIST

Everything the guide asks you to buy. Show Me is cheap on purpose: the expensive part is the discipline, and that is free.

SHOW ME KIT

- ☐ Analog alarm clock, battery powered, so the phone can sleep in another room. **About \$20**, less at Kmart. → SLEEP
- ☐ *Mindset* by Carol Dweck, your first book. **About \$20**, or free from the library. Audiobook counts. → MINDSET
- ☐ Heart rate monitor for zone 2 runs. **About \$30**. → S&C
- ☐ Phone tripod to record your rounds. **About \$15** from Kmart. → TECHNICAL
- ☐ Basic flip phone, only if the smartphone is the problem. **About \$100**. → SLEEP
- ☐ A resistance band for warm-ups and prehab. → S&C
- ☐ A small notebook for your mat bag, for your training log after every session. → JOURNAL

SKIN AND GEAR

- ☐ Disinfectant body wash: [Microshield 4 Chlorhexidine Surgical Handwash](https://www.chemistwarehouse.com.au/buy/50102/microshield-4-chlorhexidine-surgical-handwash-500ml) (<https://www.chemistwarehouse.com.au/buy/50102/microshield-4-chlorhexidine-surgical-handwash-500ml>), 500mL, from Chemist Warehouse. **About \$26**. ([Microshield 2](https://www.chemistwarehouse.com.au/buy/59635/microshield-2-chlorhexidine-skin-cleanser-500ml) (<https://www.chemistwarehouse.com.au/buy/59635/microshield-2-chlorhexidine-skin-cleanser-500ml>) is the gentler option, about \$21.) → SKIN
- ☐ Stock GB gi (no patches) and a GB belt. A spare gi for big events. → TEAM STANDARDS

☐	GB rashguard and shorts for NoGi.	→ COMP DAY
☐	Red GB competition T-shirt or red GB hoodie for comps.	→ TEAM STANDARDS
☐	Thongs or slides for off the mat.	→ SKIN
☐	Strapping tape and a few waterproof dressings.	→ SKIN
☐	A separate bag for sweaty gear.	→ SKIN
☐	Your own towel and your own drink bottle.	→ SKIN
☐	Mouthguard and nail clippers.	→ COMP DAY
☐	Earphones, with your music downloaded so the phone stays closed.	→ COMP DAY

FOOD AND SLEEP

☐	Food for your plan: the same breakfast and dinner every day, plus pre-training snacks. You buy it yourself.	→ DIET
☐	Easy wins for the pantry: pre-cooked rice, tinned tuna, frozen veg, a rotisserie chicken.	→ DIET
☐	Electrolytes, for long, hot or double sessions only.	→ DIET
☐	Blackout blinds or a sleep mask, if your room isn't dark.	→ SLEEP
☐	Earplugs or a white noise machine, if your room isn't quiet.	→ SLEEP

PRO, LATER

☐	A sleep tracker, so you know your real hours. Around \$85 and up.	→ SLEEP
☐	Submeta subscription, roughly US\$20 to \$25 a month, once you're finishing the free Worlds blocks.	→ TECHNICAL
☐	One instructional per focus block (about US\$100 to \$200 each). Finish and use one before buying the next.	→ TECHNICAL
☐	Money set aside for physio, so cost never stops you going. Ice baths, saunas and cold plunges are optional extras at this level, not needed on Show Me.	→ RECOVERY

SHOW ME TOTAL

Dietitian consult (see Bookings)	\$150 to \$300
Heart rate monitor	\$30
Alarm clock	\$20
<i>Mindset</i> , the book	\$20
Phone tripod	\$15

TOTAL

ABOUT \$235 TO \$385

Plus about \$100 for a flip phone, only if the smartphone is the problem.
Training fees, comp entries and travel are on top, as they are now.

02

BOOKINGS

People to book and conversations to have. Show Me needs one professional. Pro needs a team. Costs here are rough estimates, not quotes: prices vary by provider and over time, so do your own research and get quotes before you book.

SHOW ME

- ☐ Dietitian consult with Diva Arun, APD: divaamurthy@gmail.com or [0435 456 447](tel:0435456447). Telehealth consults are available, so you can see her from anywhere. About \$150 an hour; the first consult is about two hours plus a meal plan. For Show Me, ask for a rough guide to your daily macros. Ask me about a deal. → DIET
- ☐ Someone qualified to teach you to lift before you load up (a parent's PT is fine). → S&C
- ☐ Know who you'd see if a niggle isn't settling after a couple of weeks (or for any warning sign): a physio such as Clare Walsh, Stadium Sports Physiotherapy, Moore Park, or your GP. → RECOVERY
- ☐ Find a good GP you can see quickly (mine: Dr Kouroush Mahmoodi, Bondi Junction 7 Day Medical Centre). → SKIN
- ☐ Ask your GP whether a Medicare care plan applies, and check what your private health extras cover for physio, psychology and dietitian visits. → RECOVERY
- ☐ Sit down with your parents and agree the phone rules. Then tell your coach. → PARENTS
- ☐ Show your weekly schedule to your parents and your coach. → SCHEDULE
- ☐ Go through your Long Game worksheet with your coach. → LONG GAME

PRO

- ☐ Strength coach: Ethos Performance (Meer Awny) for an assessment and program. Roughly \$300 to start, then about \$70 to \$100 a week. → GOING PRO
- ☐ Sports dietitian (The Fight Dietitian, or Diva) with regular check-ins. A package is roughly \$800 to \$900 upfront, then about \$20 to \$30 a week. → GOING PRO
- ☐ DEXA scan for body composition. About \$100 to \$150. → GOING PRO
- ☐ Full blood panel through your GP. Often bulk-billed; allow up to about \$100 for a gap. → GOING PRO
- ☐ Physio straight away at the first niggle, then every second week, booked in advance for the whole camp. Roughly \$150 to \$200 a session. → RECOVERY
- ☐ Physio and strength coach connected, so they update the program together. → RECOVERY
- ☐ An accredited sports psychologist, if it's in the budget. Roughly \$250 to \$350 a session, often in packs of 3 or 5; search the [APS directory](https://psychology.org.au/find-a-psychologist) (<https://psychology.org.au/find-a-psychologist>). → MINDSET

BEFORE YOU GO PRO

- ☐ Eight weeks of Show Me done and logged. → GOING PRO
- ☐ One big goal and a long-term plan agreed with my coach. → GOING PRO
- ☐ Budget agreed with my family. → GOING PRO
- ☐ Setup started early. DEXA, bloods and the dietitian can take about six weeks to sort. → GOING PRO
- ☐ Weekly schedule rebuilt for 10 to 12 sessions, with sleep and study protected. → GOING PRO
- ☐ Phone lock set for the night: the full sleep window plus an hour either side. → SLEEP

03

SET UP THIS WEEK

One-off jobs. Do them once, properly, before week one.

SLEEP

- ☐ Set one wake time for all seven days, then count back to your bedtime. → SLEEP
- ☐ Work out your sleep number: baseline, plus load, plus sleep debt, minus naps. → SLEEP
- ☐ Write down the hours you actually slept for seven nights. → SLEEP
- ☐ Move the phone charger out of your bedroom. → SLEEP
- ☐ Set a bedtime alarm that tells you to put the phone away. Add a lock app or screen-time limits if you need them. → SLEEP
- ☐ Set up your room: cool (16 to 19 degrees), dark and quiet. Alarm across the room if you hit snooze. → SLEEP

YOUR WEEK

- ☐ Build your weekly schedule in 30-minute blocks, in order: sleep, school or work, Jiu-Jitsu (door to door, travel and shower included), study, S&C, food, recovery. → SCHEDULE
- ☐ Block at least nine hours of study at set times. Tutoring counts. → SCHEDULE
- ☐ Print the schedule and stick it on the fridge. → SCHEDULE
- ☐ Set your tracker columns and plan, print it, and stick it next to the schedule. → TRACKER

FOOD AND TRAINING

- ☐ Pick your same breakfast and dinner, and write down the next seven days. → DIET
- ☐ Know your go-to order at two takeaway places that fits the plan. → DIET
- ☐ Get the junk out of the pantry, and stop buying it. → DIET
- ☐ Find a basic strength program (or join a parent's PT) and save it in your phone notes. → S&C
- ☐ Start the Worlds block you've been given, in order. → TECHNICAL

YOUR LONG-TERM PLAN

- ☐ One long-term goal named, and I know whether it's "good experience" or "all in". → LONG GAME
- ☐ A plan for each area (Jiu-Jitsu, strength, diet, recovery, mindset), and I know who owns each one. → LONG GAME
- ☐ The majors I'll taper for are agreed with my coaches. Everything else is a training comp. → LONG GAME
- ☐ Three technical focuses, max, set with my coach. → LONG GAME
- ☐ Strength work planned around my comps with my strength coach. → LONG GAME
- ☐ Long Game worksheet filled in and reviewed with my coach. → LONG GAME
- ☐ Before changing anything in the plan, I talk to the professional who owns that area. → LONG GAME
- ☐ A change is for a real reason, never one result or one bad week. → LONG GAME
- ☐ I talk to my coach before entering any comp. → LONG GAME

MINDSET

- ☐ Read [the mindset site](https://mindset.bjjau.com/) (https://mindset.bjjau.com/) once, properly. → MINDSET
- ☐ Do the video exercise: watch the Carol Dweck talk and write 200 words. Do it again in week eight. → JOURNAL
- ☐ Put the notebook in your mat bag for your training log. → JOURNAL

EVERY DAY

The habits that make the plan. Your tracker logs most of them.

MORNING

- ☐ Up at my set time. First alarm, no snooze. → SLEEP
- ☐ No phone for the first hour. → SLEEP
- ☐ Water, sun and light movement. → SLEEP
- ☐ Breakfast. About two hours before morning training, or keep it small. → DIET

ALL DAY

- ☐ Lunch, protein at every meal, vegetables at lunch and dinner. → DIET
- ☐ Water all day from my own bottle. Pale yellow is the target. → DIET
- ☐ Pre-training snack one to two hours before the session. → DIET
- ☐ Ate the plan. No junk. → DIET
- ☐ Study block done, the full time. Recess and lunch count. → SCHEDULE
- ☐ One thing I learned at school today, better than "good". → SCHEDULE

TRAINING

- ☐ Open wounds cleaned and covered before I stepped on the mat. → SKIN
- ☐ Named my focus before I bowed in. → TRAINING
- ☐ Steered my rounds toward my focus. → TRAINING
- ☐ Locked in: tough partner, one good question, no chatting. → TRAINING
- ☐ Stretched 10 to 20 minutes after the session, full body. → RECOVERY
- ☐ Training log written after the session: focus, what worked, where it broke and why, one question, one fix. → JOURNAL
- ☐ Showered after every session, as soon as I finished (at the School or gym if possible), disinfectant wash, scalp and feet included. → SKIN
- ☐ Checked my skin in the shower. → SKIN
- ☐ Gear washed and dried properly after every use. → SKIN

NIGHT

- ☐ Dinner about two hours before bed. → DIET
- ☐ Screens off an hour before bed. Phone charging in another room. → SLEEP

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| ☐ Read at least 10 minutes. | → MINDSET |
| ☐ Wind down: write, stretch, pack my bag. | → SLEEP |
| ☐ Tracker filled in before the phone went away. Honestly. | → TRACKER |
| ☐ In bed on time. Logged my hours. | → SLEEP |

05

EVERY WEEK

Count these on Sunday night when you fill in the weekly check-in.

TRAINING

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|--|------------|
| ☐ Four or more Jiu-Jitsu sessions. | → TRAINING |
| ☐ Adults class or open mat at least twice. | → TRAINING |
| ☐ Two gym sessions, 30 to 40 minutes. | → S&C |
| ☐ Program finished before I left. Warm-up slow and controlled. No scrolling between sets. | → S&C |
| ☐ Gym notes logged: weights, sets, how it felt. | → S&C |
| ☐ Two or three runs: zone 2, sprints once. | → S&C |
| ☐ No two red (hardest) sessions in one day, no more than two sessions in a day. | → S&C |

RECOVERY AND FOOD

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|---|------------|
| ☐ One full rest day, starting at my normal wake time, device-light. | → RECOVERY |
| ☐ At least one device-free recovery thing: a walk, a beach swim, a book. | → RECOVERY |
| ☐ Seeing a physio? Did their exercises. | → RECOVERY |
| ☐ Told my coach what my rest day actually was. Other sport counts as load. | → RECOVERY |
| ☐ Bought my own food and cooked at least one meal. | → DIET |
| ☐ Food prepped twice (Sunday and Wednesday works). | → DIET |

STUDY AND TECHNICAL

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|---|-----------------|
| ☐ At least nine hours of study. | → SCHEDULE |
| ☐ Next week's planner filled in and shown to my parents. | → SCHEDULE |
| ☐ Recorded two sessions, with my partners' OK. | → TECHNICAL |
| ☐ Reviewed both myself and wrote them up in my training log. | → TECHNICAL |
| ☐ Found seven more options for one technique from class. | → TECHNICAL |
| ☐ Two 20-minute study blocks on my current focus. | → TECHNICAL |
| ☐ Asked my coach one specific question. | → COMMUNICATION |

MINDSET AND CHECK-IN

- ☐ Weekly reflection, 20 to 30 minutes: one prompt (200 words, the go-deeper question, one action) or what I read this week. Kept for myself. → JOURNAL
- ☐ Said "we try, we learn" after a bad round, and meant it. → MINDSET
- ☐ Caught myself blaming something outside me, and wrote down what I could have done. → MINDSET
- ☐ Tried every new instruction properly before giving my opinion. → COMMUNICATION
- ☐ Weekly check-in done on Sunday: sessions, sleep average, book page, reflection done, one win, one fix. → TRACKER
- ☐ Tracker brought to training on Monday. → TRACKER
- ☐ Turned up to team events and team dinners when they were on. → TEAM STANDARDS

PRO ADDS

- ☐ 10 to 12 sessions including three S&C (one conditioning, two strength). → TRAINING
- ☐ Every session recorded and reviewed myself the same day. → TECHNICAL
- ☐ Seeing a sports psychologist? Did any exercises they set. (Same writing as everyone otherwise.) → MINDSET
- ☐ Five to ten minutes of meditation or breathing every day. → MINDSET
- ☐ Weekly weigh-in: same day, same scale, same clothes, first thing after the toilet. → DIET
- ☐ Study blocks three or more times, with my questions taken to my coach. → TECHNICAL

06

BEFORE AND ON COMP DAY

From deciding to enter, to the debrief two days later.

BEFORE YOU ENTER

- ☐ Is this my big goal, a planned major, or a training comp? → LONG GAME
- ☐ Does it break a strength block, or change the rule set I'm preparing for? → LONG GAME
- ☐ Talked to my coach before entering, not after. → LONG GAME
- ☐ Taper only for the majors I've planned with my coaches. Go into small comps a bit tired. → LONG GAME

THE NIGHT BEFORE

- ☐ Bag packed (list below). → COMP DAY
- ☐ Weigh-in time and venue written down once. Then stop checking. → COMP DAY
- ☐ Brackets: look once, if at all. → COMP DAY
- ☐ Nails checked and clipped. → COMP DAY

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|---|------------|
| ☐ A normal dinner I've eaten before, about two hours before bed. | → COMP DAY |
| ☐ Phone away an hour before bed. Alarm clock set. | → COMP DAY |
| ☐ Wind down: a poem or a few pages, slow breathing (in for four, out for six). | → COMP DAY |

COMP BAG

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|---|------------|
| ☐ Clean stock GB gi and GB belt. A spare gi for a big event. | → COMP DAY |
| ☐ GB rashguard and shorts (NoGi), team T-shirt or hoodie. | → COMP DAY |
| ☐ Registration details, ID, weigh-in time and venue. | → COMP DAY |
| ☐ Water bottle, electrolytes, snacks I've eaten before. | → COMP DAY |
| ☐ Mouthguard, tape, nail clippers. | → COMP DAY |
| ☐ Thongs or slides, towel, warm layer. | → COMP DAY |
| ☐ Earphones and downloaded music. | → COMP DAY |
| ☐ My book or my poems, for the waiting. | → COMP DAY |
| ☐ Medicated cream and tape, if I'm dealing with a small skin lesion. | → COMP DAY |

THE MORNING

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|---|------------|
| ☐ No phone for the first hour. Music is fine. | → COMP DAY |
| ☐ Water, then a short walk in the sun. | → COMP DAY |
| ☐ The breakfast I always eat, with time to digest. | → COMP DAY |
| ☐ The control check: let go of what I don't control. | → MINDSET |

AT THE VENUE

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|--|------------|
| ☐ Planned my arrival around check-in and weigh-in. Found my coach and my team. | → COMP DAY |
| ☐ Registration, bathroom, my mat, test scale and gi check sorted first. | → COMP DAY |
| ☐ Earphones in if I want. No scrolling, no results, no comments. | → COMP DAY |
| ☐ Eating small and sipping water all day. | → COMP DAY |
| ☐ Warmed up for about an hour (stretch, GB warm-up, drill blocks) and reached the bullpen warm. | → COMP DAY |
| ☐ My pre-match routine and a minute of slow breathing. | → COMP DAY |
| ☐ Between matches: water, a snack, stay warm, one short note from my coach, don't replay it. | → COMP DAY |

AFTER, WIN OR LOSE

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|---|------------------|
| ☐ Shook hands and thanked the referee. | → COMP DAY |
| ☐ Stayed to support my team to the end. | → TEAM STANDARDS |
| ☐ Didn't post or message angry. Slept on it. | → COMP DAY |

- ☐ Wrote the competition entry in my training log within two days: what I tried, what I learned, one thing for the next block. → JOURNAL
- ☐ Reviewed my own footage and added it to that entry. → TECHNICAL

07

WHEN SOMETHING COMES UP

What to do the moment something goes wrong, so it never turns into a bigger problem.

INJURY OR SICKNESS

- ☐ Told my coach before the session, not after. → COMMUNICATION
- ☐ Small niggle: told my coach, modified my Jiu-Jitsu and strength work around it, didn't stop. Gave it about two weeks. → RECOVERY
- ☐ Not settling after a couple of weeks: saw a physio or GP. Followed the advice, no matter what. → RECOVERY
- ☐ Sharp or worsening pain, swelling, a pop, numbness, or pain that wakes me up: stopped and saw a physio or GP. → RECOVERY
- ☐ Knock to the head with headache, dizziness or nausea: stopped training that day and got checked. → RECOVERY
- ☐ Injured or sick: still came to training to watch, learn and ask questions. → RECOVERY

SKIN

- ☐ Something on my skin: told my coach before the session and saw my GP. → SKIN
- ☐ Took the medication, used the cream, finished the whole course. → SKIN
- ☐ Washed everything I trained in, plus towels and sheets. → SKIN
- ☐ Came back only once it healed or my doctor said I'm not contagious. → SKIN
- ☐ Redness spreading, red streaks or a fever: saw a doctor that day. → SKIN

HEAD AND HABITS

- ☐ Tired thought: noticed it, labelled it, decided nothing tonight, slept, checked it in the morning. → MINDSET
- ☐ Still true after a few good nights: asked for a time to talk, and brought a possible solution. → COMMUNICATION
- ☐ Relying on caffeine: checked my sleep and my pre-training snack first, then cut it out over a week or two. → CLEAN ATHLETE
- ☐ Reached for something: asked myself what I was trying to get away from. → CLEAN ATHLETE
- ☐ Struggling to stop: talked to a parent, my coach, my GP or Quitline (13 7848). → CLEAN ATHLETE
- ☐ A sponsor, superfight or other team's gear on offer: talked to my coach before saying yes. → TEAM STANDARDS

NEVER

The hard nos. They are the boundaries of the plan, not a judgement of you. If one is a deal breaker right now, that is okay: come back when you are ready.

ON THIS PLAN

- ☐ No drinking, smoking, vaping or recreational drugs. From day one, at any age. → CLEAN ATHLETE
- ☐ No living on energy drinks. Under 18: no caffeine unless my dietitian says so. → CLEAN ATHLETE
- ☐ Under 18: no nicotine in any form. → CLEAN ATHLETE
- ☐ Stopped everything first. Caffeine, and for adults nicotine, only brought back in a set amount agreed with my coach and the right professional (dietitian, and GP for nicotine). → CLEAN ATHLETE
- ☐ No late nights before training, school or work. Late nights only when the next day is free. → CLEAN ATHLETE
- ☐ No workarounds: no skipping meals or sweating it off in a sauna after a big weekend. → CLEAN ATHLETE
- ☐ Under 18: no weight cutting. No amount. → DIET
- ☐ No junk as a habit. One cheat meal a week, at most. → DIET
- ☐ No supplements unless your dietitian says so. → DIET

MAT AND TEAM

- ☐ No training with staph, ringworm or anything contagious. → SKIN
- ☐ Never compete with a big abscess. A small, treated, covered one: I don't recommend it, but it's an option. → SKIN
- ☐ No sharing towels, razors, drink bottles or gear. Never barefoot in the bathroom. → SKIN
- ☐ No patches, names, handles or quotes on your gi. No non-GB belt. → TEAM STANDARDS
- ☐ No yelling at referees: not on the mat, from the side, or online. → TEAM STANDARDS
- ☐ No dating Students. → TEAM STANDARDS
- ☐ No inappropriate language: mat, comps, team chats, online. → TEAM STANDARDS
- ☐ No filming other Students, especially kids, without the OK. No posting other people's rounds. → TECHNICAL

HABITS

- ☐ No phone in the first or last hour of the day. No phone as your alarm. No snooze. → SLEEP
- ☐ No phone on comp day. Music is fine. → COMP DAY
- ☐ No leaving the gym until the program is finished. → S&C
- ☐ No lifting past your form. If your form breaks, the set is over. → S&C

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| ☐ No decisions on a tired thought: no texts, no posts, no quitting. | → MINDSET |
| ☐ No buying a library you won't watch. | → TECHNICAL |

09

FOR PARENTS

Your part, before and during the eight weeks.

BEFORE THE EIGHT WEEKS START

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|---|-----------------|
| ☐ Built the weekly schedule with my child, including at least 9 hours of study. | → PARENTS |
| ☐ Agreed on training volume, including adults classes and open mats. | → PARENTS |
| ☐ Bought the alarm clock and the book (and the tripod and HR monitor if we can). | → PARENTS |
| ☐ Agreed on the phone rules, and where it charges at night. | → PARENTS |
| ☐ Booked or discussed the dietitian consult. | → PARENTS |
| ☐ Started reading <i>Mindset</i> myself. | → PARENTS |
| ☐ Agreed: no weight cutting. | → PARENTS |
| ☐ Know how to reach the coach, and when. | → COMMUNICATION |

DURING

- | | |
|--|-----------|
| ☐ Food in the house that fits the plan, lifts sorted, a quiet bedroom. | → PARENTS |
| ☐ Asked "What did you try today? What did you learn?" | → PARENTS |
| ☐ Told the coach honestly what I see at home, sleep included. | → PARENTS |
| ☐ Didn't chase the habits. The eight weeks are theirs. | → PARENTS |
| ☐ Comp day: let the coach coach, kept it short and positive, raised anything later. | → PARENTS |