

Ms. Fitness Individual Judging Sheet

(Please provide comments. Competitors can use feedback to make improvements.)

Judge's Name: _____ Contestant # _____

0.0-1.9 FAIL

6.0-7.9 VERY GOOD

2.0-3.9 POOR

8.0-9.9 EXCELLENT

4.0-5.9 SATISFACTORY

10 PERFECT

PHYSICAL BEAUTY & MUSCLE TONE ROUND (swimsuit)

1. Does the contestant have good to excellent muscle tone with clean, tight lines? Does she appear to have reasonable levels of body fat? Competitors should not display the muscle mass, ripped to the bone look, or vascularity of a bodybuilder. They should appear to have constructed their physiques through proper diet and fitness training. If a competitor has the mass of a bodybuilder she should receive a low score.

2. Assess overall shape and symmetry. The physique should appear evenly developed and display the contestant's attention to a totally fit body. Does the lean muscularity of the upper/lower body & extremities flow aesthetically when viewed from all sides creating a balanced, sculpted appearance?

TOTAL 1 & 2

BEAUTY, POISE & PROJECTION ROUND (cocktail attire)

3. Beauty. Is she attractive?

4. At the microphone, did the competitor appear **confident** and comfortable with the audience (2 pts.)? Did she **speak well**, clearly and distinctly (2 pts.)? What is your general impression of the contestant's overall **grooming** and cosmetic appearance (2 pts.)? Does she have a fluid, **graceful walk** (2 pts.)? Does she have an **erect but relaxed posture** (2 pts.)?

TOTAL 3 & 4

STRENGTH, FLEXIBILITY & ENDURANCE ROUND (fitness outfit)

5. Did the competitor demonstrate strength, flexibility, and endurance? Did she demonstrate a high-level execution of movements including full extension? (Executions should appear effortless) Did she include a diversity of routine elements? Did her performance have clean, fluid transitions?

6. Rate your overall impression of her routine. Did she demonstrate the ability to perform outward or project energy toward the audience? Did she project her personality and creativity?

TOTAL 5 & 6