

7 Day Tracking

Week Ending Friday: _____

80% of Your Business Building Time - NEW BUSINESS CREATED

# of	Total Follow-up & Invite CALLS (1 hour = 20 calls)	# of Times Invite Script Read to NEW people	Personal appointments set	Names of people whom you set appointments with	Personal sponsorship presentations given	Names of people you presented to	Total hours spent CALLING, PRESENTING, APPROACHING	New people enrolled	New approaches in public (2+ new daily)	People who gave their phone number
SAT										
SUN										
MON										
TUE										
WED										
THU										
FRI										
TOTAL				X		X				

WEEKLY SUCCESS HABITS

"The rhythm of daily action aligned with your goals creates the momentum that separates dreamers from super-achievers." - Darren Hardy

Behavior/Action	Sat	Sun	Mon	Tues	Weds	Thurs	Fri	Achieved	Goal	Net
Take Products AM & PM									7	
30+ Minutes Audio Study									5	
10+ NEW Invite Calls									5	
20+ Follow Up Calls									5	
FORM & p.38- 2 new ppl									5	
Weekly Training Calls									2	
Attend Local Event									1	
Feel free to add other behaviors you'd like to work on below:										
TOTAL										

Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.

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