

BUSINESS ACTIVITY TRACKER

NAME: _____

WEEK OF: _____

CURRENT RANK: _____

RANK ADVANCEMENT GOAL/DATE: _____

National Wake-Up Call: Every Monday at 8:00 AM PT / 11:00 AM ET US: 1 (832) 225-5055 CAN: 1 (416) 915-9063

DAILY ACTIVITY	Goal	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Be Proof the Products Work Drink Shakeology / Workout	/	/	/	/	/	/	/	/
Personal Development Read or listen to 10 minutes of Personal Development								
Stay Connected Coach Monthly, Weekly Coach Forecast/Breaking Coach News, National Wake-Up call, Team Facebook (FB) page								
Social Media 3 posts per day (Personal, Health & Fitness, Motivational)								
New Contacts 2-5 new people every day								
Invite to Join a Challenge Group (and/or Fit Club) 2-5 people every day								
Invite to Learn About the Business 2-5 people every day (Webinar, Introducing Team Beachbody video, Opportunity Meeting...)								
Follow Up (Customers, Prospects, Team) Answer emails, FB messages/posts, phone calls, text messages								
Existing Customers Check-In Post on Challenge Group FB page, send emails, eCards, videos, text messages, make phone calls								
Connect With My Team Join team call, post in Team FB page, post in Coach Basics FB page, make phone calls, send text messages								

Follow Up List

1	6
2	7
3	8
4	9
5	10

WEEKLY ACHIEVEMENT SUMMARY	Total
# New Contacts	
# New Customers	
# New Coaches	
# Success Club Points Earned	
\$ Commissions & Bonuses Earned	

HELPFUL LINKS: [Contact List](#) | [How to Build Relationships](#) | [5-Step Invitation Process](#) | [Overcoming Objections](#) | [Introducing Team Beachbody Video](#) | [Coach FAQ](#)

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