

Daily Checklist

- Complete Workout
- Drink Shakeology
- Read or listen to PD
- Friends request 3 new friends on facebook/instagram
- Post 2-5 times a day on social media
- Invite 2-3 people to join challenge group or team
- Connect with 3 existing friends about life
- Answer all business related emails/calls/messages
- Follow up with pervious inquires
- Check into Team Page on Facebook
- Check the coach online office (new leads, breaking news, activity of personally sponsored coaches)
- Listen to National Wakeup Call (once a week)
- Went outside comfort zone to grow