

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 1 (832) 225-5055 / Password: 90405#

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

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, 5-Step Invitation Process, Introducing Team Beachbody