

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