

Full Time/ Part Time

Are you dedicated to building a full-time or part-time business? What lifestyle are you looking to achieve? Based on your answers, check out the sample schedules on the following two pages, then create your own ideal schedule.

What days will you commit to working on your Isagenix business? _____

What hours each day are you dedicating to personal/family time? _____

6 KEY BUSINESS-BUILDING ACTIVITIES

1. Share Isagenix products with those around you.
2. Generate buzz on social by showing how these products improved your life.
3. Follow up with potential new Customers, set appointments, and start enrolling.
4. Set up three-way calls.
5. Take part in daily IsaBody® Challenge activities with your team.
6. Teach a member of your team how to earn bonuses by sharing Isagenix products.

POWER HOUR

Having trouble figuring out how to spend your time? Try a Power Hour! Your goal is to accomplish the following in one hour:

- Schedule 2 follow-up appointments
- Add 3 new people to your contact list
- Invite 3 people to your next in-home event
- Send 5 text messages
- Generate buzz on social with a post

15 MINUTES OF FOCUS

Short on time but want to make an impact? Select up to 2 items below and complete them in the next 15 minutes.

- Send 5 text messages
- Make 1 follow-up call
- Join a three-way call
- Post on social media

For more tools and resources, visit IsagenixBusiness.com.

Sample Part-Time Schedule

TODAY IS

DAY: *Tuesday*

DATE: _____

GOAL: _____

TO-DO LIST

SCHEDULE

6:00 AM *Meditation, make Shakes*

6:30 AM

7:00 AM *Team Text - Motivation message*

7:30 AM *Drive to work*

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

WORK TIME

10:30 AM

11:00 AM

11:30 AM

12:00 PM *Lunchtime - check Penny app, do 2 Reachouts*

12:30 PM

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

WORK TIME

3:30 PM

4:00 PM

4:30 PM

5:00 PM

5:30 PM

6:00 PM *Dinner with family*

POWER HOUR

6:30 PM

7:00 PM

7:30 PM

8:00 PM *Team call*

8:30 PM

9:00 PM

9:30 PM

10:00 PM

10:30 PM

11:00 PM

11:30 PM

12:00 AM



Part-Time Schedule

TODAY IS

DAY:

DATE:

GOAL:

TO-DO LIST

SCHEDULE

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

WORK TIME

10:30 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

WORK TIME

3:30 PM

4:00 PM

4:30 PM

5:00 PM

5:30 PM

POWER HOUR

6:00 PM

6:30 PM

7:00 PM

7:30 PM

8:00 PM

8:30 PM

9:00 PM

9:30 PM

10:00 PM

10:30 PM

11:00 PM

11:30 PM

12:00 AM

Sample Full-Time Schedule

TODAY IS

DAY: *Monday*

DATE:

GOAL:

TO-DO LIST

Register for Celebration 2023

Schedule follow-up calls for the week

SCHEDULE

6:00 AM *wake up, 5 min meditation*

6:30 AM *Start Cleanse Day - drink Ionix*

7:00 AM *Ionix & Yoga time!*

7:30 AM *Drop kids off at school*

8:00 AM *Strengthening Your Vision call!*

8:30 AM

9:00 AM

9:30 AM *Team call*

10:00 AM

10:30 AM

11:00 AM *Check emails*

11:30 AM

12:00 PM *Lunch with new Associate!*

12:30 PM

1:00 PM

1:30 PM

2:00 PM *Reach-outs and Follow-ups*

2:30 PM

3:00 PM

3:30 PM

4:00 PM *Pick up kids from school*

4:30 PM *T-ball practice*

5:00 PM *Cook dinner/coaching call*

5:30 PM

6:00 PM *Family dinner*

6:30 PM

7:00 PM

7:30 PM

8:00 PM *Opportunity call!*

8:30 PM

9:00 PM *Training call with new Associate*

9:30 PM

10:00 PM

10:30 PM

11:00 PM

11:30 PM

12:00 AM



Full-Time Schedule

TODAY IS

DAY:

DATE:

GOAL:

TO-DO LIST

SCHEDULE

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

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9:30 PM

10:00 PM

10:30 PM

11:00 PM

11:30 PM

12:00 AM

Ideal Week

Use this page to plan when you plan to work your business and what activities you want to complete.

I will work my business from _____ to _____ on these days _____.

Fill in this table with all the activities you need to focus on this week. These activities will be your focus during the hour each day you have committed to working your business.

CONNECTING	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

PRESENTING	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

TEACHING OR TRAINING	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

CONNECTING

Goal
Achieved

PRESENTING

Goal
Achieved

TEACHING OR TRAINING

Goal
Achieved

AN HOUR A DAY Checklist



Let's say you only have an hour each day to work on your business. Here are a list of various business-building activities and about how long they should take you to complete. Use this guide to fill the pockets of your time with actions to get you closer to your goals.

- Invite people to join the Strengthening Your Vision call**
Stay up to speed on the latest and greatest Isagenix updates while advancing your life for the greater good of your family and community!
- Present the Isagenix Opportunity to someone new**
Ask your support team ahead of time to join you on a three-way call with a potential new Customer to show them what's possible with Isagenix.
- Implement the Simple System: PVC 1-2-3**
Utilize this guided system to help you find and onboard new Customers and build a thriving business.
- Post on social media**
Share your story, highlight someone else's, shout out a happy product user, provide value, engage your network, or demonstrate the benefits the Isagenix Team Compensation Plan can provide.

3 x 3 x 3 OR 5 x 5 x 5

- 3 OR 5 NEW REACH-OUTS**
Make brand-new connections about life, about Isagenix, about their social posts, etc.
- 3 OR 5 FOLLOW-UPS**
Reach out to three people you've chatted with before.
- 3 OR 5 POUR GREATNESS**
Cheer someone on, encourage them, and be kind whether they're on your team or not.
- CUSTOMER OR ASSOCIATE CHECK-IN**
Text your Customers or Associates to ask how they're doing and see where they need help.