

WEEK 1

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									

WEEK 2

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									

WEEK 3

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									

WEEK 4

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									
Revisit your "WHY". Has it changed?:									

WEEK 5

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									

WEEK 6

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									

WEEK 7

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									

WEEK 8

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									
Revisit your "WHY". Has it changed?:									

WEEK 9

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									

WEEK 10

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									

WEEK 11

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									

WEEK 12

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									
Revisit your "WHY". Has it changed?:									

WEEK 13

Activity	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Initial Contacts									
Appointments or Presentations									
Follow-Ups									
3-Way Calls									
Referrals									
New Contacts Added to List									
Hours of Business and/or Product Training									
Hours of Personal Development									
Social Media Posts									
Customer Appreciation / Team Member Recognition									
Other: _____									
New Members (Enrollments)									
Team Rank Advancements									
Focus/Goal for the Week:									
Gratitude for the Week:									
Takeaways/Lessons Learned This Week:									