

WEEKLY ACTIVITY TRACKER (print this off and track your activity weekly)

1. Track your DAILY 3 way calls, BBL events/ presentations, or 1-on-1s

touches	1	2	3*	4	5*	6	7	8	9	10*
MON										
TUES										
WED										
THUR										
FRI										
SAT										
SUN										

3/day=good, 5/day=better, 10/day=best

2. Track your samples passed out daily. Be sure to get contact info & follow up

	Share "1"
MON	
TUES	
WEDS	
THURS	
FRI	
SAT	
SUN	

3. TRACK YOUR NO'S => at least 100 in a month! It gets you closer to "YES"!

Goal: 100 "No's" in _____ week(s) / _____ days(s)

Start Date: _____ **End Date:** _____

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100