| INVITE | Goals | Monday | Tuesday | Wednesday | Thursday Friday | Saturday | Sunday | Totals |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. How many people added to my contact list: |  |  |  |  |  |  |  |  |
| 2. How many people invited to a challenge, Shakeology, Coaching |  |  |  |  |  |  |  |  |
| PRODUCT OF THE PRODUCT |  |  |  |  |  |  |  |  |
| 1. Workout |  |  |  |  |  |  |  |  |
| 2. Shakeology |  |  |  |  |  |  |  |  |
| PERSONAL DEVELOPMENT |  |  |  |  |  |  |  |  |
| PD Today? |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| WEEKLY TOTALS | TOTAL |  |  |  |  |  |  |  |
| How many people did I invite to a challenge: |  |  |  |  |  |  |  |  |
| How many people responded to my invite |  |  |  |  |  |  |  |  |
| How many people did I send to a video/tool? |  |  |  |  |  |  |  |  |
| How many signed up as coaches/customers? |  |  |  |  |  |  |  |  |
| How many days did I workout |  |  |  |  |  |  |  |  |
| How much time spent in PD |  |  |  |  |  |  |  |  |
| How many hours did you work? |  |  |  |  |  |  |  |  |
| WHAT IS YOUR WHY for working this week??? |  |  |  |  |  |  |  |  |

