Building Momentum Check List (Please mark X for task complete. Tally the score at end of week in the right Light Grey Box)

	Distributor Name:				Week :		
	DAILY TASK (1 point per day - 5 pts MAX)						Tally
	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
1	Listen 1 Audio below	Listen 1 Audio below	Listen 1 Audio below	Listen 1 Audio below	Listen 1 Audio below	Listen 1 Audio below	
	:	:		:	<u> </u>	·	
2	Read Goals 2X	Read Goals 2X	Read Goals 2X	Read Goals 2X	Read Goals 2X	Read Goals 2X	
3	Read 15 - 30mins	Read 15 - 30mins	Read 15 - 30mins	Read 15 - 30mins	Read 15 - 30mins	Read 15 - 30mins	
4	Call Partner	Call Partner	Call Partner	Call Partner	Call Partner	Call Partner	
5	Add two new names to your Possibility List per day (1 point per day, max points – 5 per week)						
	New Friends	New Friends	New Friends Ne	w Friends N	lew Friends I	New Friends	
i							
ii							
6	Call/Contac	ct a minimum of one p	prospect per day (1 point per c	ontact) Call worksho	p with another person (Bonus 10 points)	
i							
ii							
iii							
7	Number of appointments booked this week.(5 points per appointment)						
i							
8	Follow up with one prospect/customer once per week: (5 points per follow up)						
ii							
9	Sell one product per week to a customer (5 points per sale) & Order from a SHOP.COM partner store (2 points per order)						
BV							
IBV							
Store							
10		Show	the plan to one personal prosp	pect per week: (5 poir	nts per plan)		
i							
ii							
11		Attend one to two	meetings/training per week: (5	points per meeting –	10 points max per wee	k)	
	Coring	Product Webinar	HBP/UBP				
12	Ticket Move to (Convention, Local Seminar, GPT, TLS Overview, NUOT, B5 etc.)						
	Event/Name :		Event/Name :		Event/Name :		
13	Weekly: Volume Generated:BV (Personal Use and Customer Orders) Total						0