Momentum Tracker

Name:_____ **Date:**_____

	Result producing Activity Point Tracker: Goal - Create Massive Momentum	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Weekly total
1,	Listen/watch to one audio/video per day (1 point per day, max points – 5 per week)								
2	Read 10-20 minutes per day (1 point per day, max points – 5 per week)								
3	Read goal statement two times per day (1 point per day, max points – 5 per week)								
4	Add two new names to your Possibility List per day (1 point per day, max points – 5 per week)								
5	Call/Contact a minimum of one prospect per day (1 point per contact)								
	Call workshop with another person (Bonus 10 points)								
6	Sell one product per week to a customer (5 points per sale)								
7	Order from a SHOP.COM partner store (2 points per order)								
8	Show the plan to one personal prospect per week: (5 points per plan)								
9	Follow up with one prospect/customer once per week: (5 points per follow up)								
10	Attend /Conduct 1 -2 Training min Per Week (5 points per meeting – 10 points max per week)								
11	MASTER UFO 50pts								
12	SAMM								
13	Local Challenge 50pts								
14	President Challenge 50pts								
								Overall Total:	

Bonus (Social Media)	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Weekly total
1 Post Daily								
Comment on 5 Post daily								
							Overall Total:	

Goal: Talk to as many people as possible each day to: Sell Products, Book Appointments, Show the Plan!

	Talked to: 3-10 people each day						
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
	Appointments Booked: 1-3 appointments each day Show the Plan!						
1							
2							
3							
	New Prospects added: Goal - add 2 every day and follow up!						
1							
2							