



Daily Activity Tracker



Name:

Today's Date:

This activity tracking sheet will help you work smart and eliminate non income producing activities!
 It will help you stay on track and help you stay accountable to your business. Use this sheet daily
 for at least the next 90 days before you begin to question your income results!

Numbers in parenthesis are the point values for the activity. Set daily goals and tally the results.

Activity	Goal	Point Tally	Results
Dials (1 pt) <i>Calls dialed out to <u>qualified</u> contacts whether connection made or not</i>		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	
Contacts Made (1 pt) <i>New invitations, follow ups, or returned calls from your messages</i>		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	
Appointments Set (2 pts) <i>Confirmed appointments only!</i>		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	
"Double Confirmations" (1 pt) <i>Confirmed appointments only!</i>		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	
Magazines/DVD Out (1 pt) <i>Only if you get THEIR contact information</i>		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	
Voicemail Drops (1 pt) <i>Messages left</i>		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	
3-Way Call (1 pt) <i>Only calls with a rep's contact</i>		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	
"Bump Into's" (1 pt) <i>Meeting people while you're out</i>		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	
BPs Shown (3 pts) <i>Business Presentations to NEW contacts</i>		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	
Manager Sign Up (1 pt) <i>A 1st level rep that enrolls at \$49 only.</i>		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	
SM Sign Up (4 pts) <i>A 1st level rep that enrolls at \$299 only</i>		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	
New Customer (4 pt)		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	
New Rep Orientation (2 pts) <i>You walking a new rep through the system</i>		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	
Personal Development (1 pt) <i>20 minutes minimum daily</i>		1	
Update to Sponsor (1 pt) <i>Daily for the first month</i>		1	

Transfer today's total to the Monthly Activity Log →

Total Points Today: