

# BUSINESS ACTIVITY TRACKER

NAME: \_\_\_\_\_ WEEK OF: \_\_\_\_\_ WEEKLY COMMISSIONS: \$ \_\_\_\_\_

Your Why: \_\_\_\_\_

Beachbody Challenge—Program: \_\_\_\_\_ Start Date: \_\_\_\_\_

DAILY ACTIVITY (Enter "1" for completing the activity)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTALS	Ratio Calculation Directions
Share with 2 people a day									To calculate your ratios, take the number under column A and divide it by the number in column B.  This will give you a number with a decimal point. Move the decimal point over to the right two places to get your percentage.  <span style="color: red;">For example Invite 50, Find 100 50/100 = .5 or 50%</span>
Work out with the online SuperGym®									
Drink Shakeology®									
Read 10 pages of a personal development book									
Listen to 10 minutes of personal development audio									
Manage online business									
Follow up with prospects and customers									

BUSINESS RESULTS (Enter a number each day)	GOALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTALS	RATIOS	
THE SHARING CYCLE	FIND (# added to contact list)									A / B	A / B
	INVITE (To watch, listen, attend, participate)									Invite/Find	/ =
	SHARE (Present info that leads to a decision)									Share/Invite	/ =
	SPONSOR (Total # of customers & Coaches enrolled)									Sponsor/Share	/ =
	-Customers									Sponsor/Find	/ =
	-Coaches									How can I improve my ratios?	
	Success Club points earned										
	Total packs/products sold										
	Commissions on packs/products sold										

HOURS PER DAY WORKED ON YOUR BUSINESS (Enter a number each day)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTALS
In person								
Phone								
Online								
Administrative								
Meetings/events								
Total								