

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. For example Invite 50, Find 100 50/100 = .5 or 50%	
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							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)									TOTALS	
In person											
Phone											
Online											
Administrative											
Meetings/events											
Total											