



The 90-day Sprint Stat-tracking Sheet

POINTS	1	3	2	2	2	2+	3	3	2 - 4	1			
WEEK 1	New Exposures Say hi, and build rapport Send them to the website Target 2 or more a day (or 3 times more than your normal activity, because its 3 times easier)	Follow Ups Do it with quality They may or may not be interested Make sure that all their questions are addressed They will likely want to visit the web numerous times... tell them they are welcome	3-ways	LD Packs	Sit Downs	Briefing/ Lunch Attend - 2 Guest - 2	PBR	PCC	Training Basic - 2 SS - 4 Other - 2	Team Call	Total	Sales	Recruits
GOAL													
DAY 1													
DAY 2													
DAY 3													
DAY 4													
DAY 5													
DAY 6													
DAY 7													
TOTAL													

POINTS	1	3	2	2	2	2+	3	3	2 - 4	1			
WEEK 2	New Exposures Say hi, and build rapport Send them to the website Target 2 or more a day (or 3 times more than your normal activity, because its 3 times easier)	Follow Ups Do it with quality They may or may not be interested Make sure that all their questions are addressed They will likely want to visit the web numerous times... tell them they are welcome	3-ways	LD Packs	Sit Downs	Briefing/ Lunch Attend - 2 Guest - 2	PBR	PCC	Training Basic - 2 SS - 4 Other - 2	Team Call	Total	Sales	Recruits
GOAL													
DAY 8													
DAY 9													
DAY 10													
DAY 11													
DAY 12													
DAY 13													
DAY 14													
TOTAL													



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POINTS	1	3	2	2	2	2+	3	3	2 - 4	1			
WEEK 3	New Exposures Say hi, and build rapport Send them to the website Target 2 or more a day (or 3 times more than your normal activity, because its 3 times easier)	Follow Ups Do it with quality They may or may not be interested Make sure that all their questions are addressed They will likely want to visit the web numerous times... tell them they are welcome	3-ways	LD Packs	Sit Downs	Briefing/ Lunch Attend - 2 Guest - 2	PBR	PCC	Training Basic - 2 SS - 4 Other - 2	Team Call	Total	Sales	Recruits
GOAL													
DAY 15													
DAY 16													
DAY 17													
DAY 18													
DAY 19													
DAY 20													
DAY 21													
TOTAL													

POINTS	1	3	2	2	2	2+	3	3	2 - 4	1			
WEEK 4	New Exposures Say hi, and build rapport Send them to the website Target 2 or more a day (or 3 times more than your normal activity, because its 3 times easier)	Follow Ups Do it with quality They may or may not be interested Make sure that all their questions are addressed They will likely want to visit the web numerous times... tell them they are welcome	3-ways	LD Packs	Sit Downs	Briefing/ Lunch Attend - 2 Guest - 2	PBR	PCC	Training Basic - 2 SS - 4 Other - 2	Team Call	Total	Sales	Recruits
GOAL													
DAY 22													
DAY 23													
DAY 24													
DAY 25													
DAY 26													
DAY 27													
DAY 28													
TOTAL													

MONTHLY
BONUS

PCQ - 10 pts.
Complete Personal Development Book - 10 pts.

MONTHLY TOTAL