

Daily Activity Tracker – Weekly View

Name: _____

Week Ending: _____

<i>Income this Week</i> \$			<i>Pts Ea</i>	<i>Sat</i>	<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Pt Goal</i>
Personal Growth											
Cultivate Goals	Review, nurture, foster and refine goals and vision.		1								
Self Training	Attend training meeting, convention, seminar, conference call, CD, book (1 pt per hour)		1								
Promotional Action (Building Friendship)											
Names Added to Your List	Each new person you meet, whether you discuss the business nor not, that you add.		1								
Dials (Even if no answer)	Each time you dial a potential partner, including follow-up calls.		1								
Communication Action (Building Relationships)											
Connects	Talk to a potential partner and/or give out tools or samples to start a Usana Dialogue		1								
Follow-Up to Connect	Follow-up that connections for purpose of making appointment		1								
Appointments	Make an appointment to see an H&F		2								
Presentations	Show the plan or prospect views webcast or attends meeting		3								
Follow-Up to Presentation	Follow-up to discuss enrollment		3								
Commitment Action (Building Lasting Partnerships)											
New PC's/Retail Sales	Each customer who buys your products, one time or a new PC.		3								
New with 1 Business Center	At least 100 pt Autoship		4								
New 3 BC - 200 pt autoship	3BC pack or Pro-Pack		5								
Training your Downline	Training a new Associate		5								
Product of the Product											
200 Point Autoship this cycle	You are maintaining a 200 point autoship every cycle.		2								
Sense Products Used (√)	Healthy Skin!		1								
Nutritional Products Used (√)	Healthy Body!		1								
Macro-Optimizers Used (√)	Weight control, diabetes control		1								
Total:											

* Enter counts for each action. The points relate to it's value to you in building a successful business. Multiply points times count and total for the day.