

MY WEEKLY PLAN SHEET FOR: (Name) _____

My Week Includes: Daily Quiet Time Family Time Personal Time Time for Sales Appointments Time for Phone Calls Office Time
 My Activity Includes: ___ # of Classes ___ Facials ___ Interviews \$ _____ in Retail Sales ___ Phone calls reaching a live person to book, coach, sell to or recruit

Color Code Your Activities and Slot them in on the Plan Sheet Below

= Quiet Time/ My Time
 = Family Time
 = Sales Appointments / IPAs
 = MK Office / Meeting /times
 =
 = Phone Time

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							