

**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							