

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
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	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							