



# 90 DAY FAST TRACK

## WEEKLY ACCOUNTABILITY CHECK LIST

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

WEEK#: \_\_\_\_\_

1. Listen/watch to one audio/video per day (1 point per day, max points – 5 per week) \_\_\_\_\_

Sat. \_\_\_\_\_ Sun. \_\_\_\_\_ Mon. \_\_\_\_\_ Tues. \_\_\_\_\_ Wed. \_\_\_\_\_ Thurs. \_\_\_\_\_ Fri. \_\_\_\_\_

2. Read 10-20 minutes per day (1 point per day, max points – 5 per week) \_\_\_\_\_

Sat. \_\_\_\_\_ Sun. \_\_\_\_\_ Mon. \_\_\_\_\_ Tues. \_\_\_\_\_ Wed. \_\_\_\_\_ Thurs. \_\_\_\_\_ Fri. \_\_\_\_\_

3. Read goal statement two times per day (1 point per day, max points – 5 per week) \_\_\_\_\_

Sat. \_\_\_\_\_ Sun. \_\_\_\_\_ Mon. \_\_\_\_\_ Tues. \_\_\_\_\_ Wed. \_\_\_\_\_ Thurs. \_\_\_\_\_ Fri. \_\_\_\_\_

4. Sell one product per week to a customer (5 points per sale) \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Product(s): \_\_\_\_\_

5. Order from a SHOP.COM partner store (2 points per order) \_\_\_\_\_

Name of partner store: \_\_\_\_\_ Date: \_\_\_\_\_

6. Add two new names to your Possibility List per day (1 point per day, max points – 5 per week) \_\_\_\_\_

Sat. \_\_\_\_\_ Sun. \_\_\_\_\_ Mon. \_\_\_\_\_ Tues. \_\_\_\_\_ Wed. \_\_\_\_\_ Thurs. \_\_\_\_\_ Fri. \_\_\_\_\_

7. Call/Contact a minimum of one prospect per day (1 point per contact) \_\_\_\_\_

Sat. \_\_\_\_\_ Sun. \_\_\_\_\_ Mon. \_\_\_\_\_ Tues. \_\_\_\_\_ Wed. \_\_\_\_\_ Thurs. \_\_\_\_\_ Fri. \_\_\_\_\_

Call workshop with another person (Bonus 10 points) Date: \_\_\_\_\_

8. Number of appointments booked this week \_\_\_\_\_ (5 points per appointment) \_\_\_\_\_

9. Show the plan to one personal prospect per week: (5 points per plan) \_\_\_\_\_

Name: \_\_\_\_\_ Next Step: \_\_\_\_\_

10. Follow up with one prospect/customer once per week: (5 points per follow up) \_\_\_\_\_

Name: \_\_\_\_\_ Next Step: \_\_\_\_\_

11. Attend one to two meetings/training per week: (5 points per meeting – 10 points max per week) \_\_\_\_\_

Date: \_\_\_\_\_ - \_\_\_\_\_ Location: \_\_\_\_\_ Meeting Type: \_\_\_\_\_

Date: \_\_\_\_\_ - \_\_\_\_\_ Location: \_\_\_\_\_ Meeting Type: \_\_\_\_\_

Weekly  
Points

Bonus Points this week: \_\_\_\_\_

Total Points: \_\_\_\_\_

Weekly Volume Generated: \_\_\_\_\_ BV (Personal Use and Customer Orders)