

90-Day Run Tracking Sheet

Points	1	1	2	2	2	2+	3	3	1	1			
Week 1	New Exposures	Follow Ups	3-Ways	Launching New IBOs	Sit Downs	Saturday Training: Attend 2, Guest 2 ea.	PBR	PCC	SD	Team Call	Total	Sales	Recruits
Day 1													
Day 2													
Day 3													
Day 4													
Day 5													
Day 6													
Day 7													

1. Decide on goals that you are aiming for, ones that will motivate you day and night.
2. Share these goals with your family, conveying what is in it for them too. This will garner you their support.
3. Get out your calendar and plan out the next 3 months. Put in the big rocks first, like the Super Saturdays, briefings, trainings, conference call, etc. Then start loading in as many smaller rocks as you can fit in (PBRs, PCCs, sit downs, call sessions, etc). Block out your Vida Divina time so that your time is protected and maximized.
4. Choose a workout partner in Vida Divina, someone who will push you, uplift you, and hold you accountable to your goals. And you will be the same for them. Together you will go much farther and have more fun than running alone.
5. Break down your goals into specific activities you deem necessary to accomplish them. Use the tracking sheet to track your activity and progress daily.
6. Read, listen to or watch something motivational every day to keep your energy and momentum.
7. Celebrate every success along the way. This should be 90 days of constant celebration. Every membership, new associate, or advancement is moving towards your goals and freedom.

Success is rooted in habits. Activity done consistently for 90 days becomes habitual. You are programming yourself for lasting success. Remember that success is not found in convenience. There will be many temptations during these 90 days to skip an activity, a briefing, a conference call, a follow up. You may question whether you must approach a sharp prospect sitting across from you. You are in the **NO EXCUSE ZONE. This is your defining moment. Just do it, daily! See you at the top in 90 days!**

PBR – Private Business Reception

PCC – Private Conference Call

SD – Self Development

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Points	1	1	2	2	2	2+	3	3	1	1			
Week 4	New Exposures	Follow Ups	3-Ways	Launching New IBOs	Sit Downs	Saturday Training: Attend 2, Guest 2 ea.	PBR	PCC	RB	Team Call	Total	Sales	Recruits
Day 22													
Day 23													
Day 24													
Day 25													
Day 26													
Day 27													
Day 28													

Monthly Total

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[illegible]

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[illegible]

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[illegible]

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Points	1	1	2	2	2	2+	3	3	1	1			
Week 8	New Exposures	Follow Ups	3-Ways	Launching New IBOs	Sit Downs	Saturday Training: Attend 2, Guest 2 ea.	PBR	PCC	RB	Team Call	Total	Sales	Recruits
Day 50													
Day 51													
Day 52													
Day 53													
Day 54													
Day 55													
Day 56													

Monthly Total

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[illegible]

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[illegible]

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[illegible]

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Points	1	1	2	2	2	2+	3	3	1	1			
Week 12	New Exposures	Follow Ups	3-Ways	Launching New IBOs	Sit Downs	Saturday Training: Attend 2, Guest 2 ea.	PBR	PCC	RB	Team Call	Total	Sales	Recruits
Day 78													
Day 79													
Day 80													
Day 81													
Day 82													
Day 83													
Day 84													

Monthly Total

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Week 13	New Exposures	Follow Ups	3-Ways	Launching New IBOs	Sit Downs	Saturday Training: Attend 2, Guest 2 ea.	PBR	PCC	RB	Team Call	Total	Sales	Recruits
Day 85													
Day 86													
Day 87													
Day 88													
Day 89													
Day 90													

90-Day Goals

New Recruits (Personal) _____

New Sales (Personal) _____

Rank / Achievement _____

Monthly Income Level _____