

CATALYST Weekly Activity Tracking

Name:

Dates:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
10 Follow Up Calls/txt/emails (1)								
Read 10+ Pgs/Audio - 30min (1)								
3 Face2Face Prosp. (1)								
10 Online Prospects (1)								
Set 2 appts (1)								
2 invites (1)								
Target. Mkt. Appt/ Interviews (1x)								
Personal Guest (1x)								
Personal or Team Recruit (1x)								
Life or Inv Sale (1x)								
Total								

Max 1 point for top 6 rows,
unlimited for bottom 4 rows.

Minimum Week
Good Week
Great Week

20 Points
25 Points
30 Points

Total Points This Week: _____

Review with your Trainer/RVP -- 80+ pts for the month = \$2,000/mo -- 100+ pts = \$4,000/mo -- 120+ pts = \$6,000/mo cashflow

Current Book:	Calls/txts/emails:	Calls/txts/emails:	Calls/txts/emails:	Calls/txts/emails:	Calls/txts/emails:	Calls/txts/emails:	Calls/txts/emails:
	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.
	3.	3.	3.	3.	3.	3.	3.
	4.	4.	4.	4.	4.	4.	4.
	5.	5.	5.	5.	5.	5.	5.
	6.	6.	6.	6.	6.	6.	6.
	7.	7.	7.	7.	7.	7.	7.
	8.	8.	8.	8.	8.	8.	8.
	9.	9.	9.	9.	9.	9.	9.
	10.	10.	10.	10.	10.	10.	10.

F2F Prospects:	F2F Prospects:	F2F Prospects:	F2F Prospects:	F2F Prospects:	F2F Prospects:	F2F Prospects:
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
4.	4.	4.	4.	4.	4.	4.
5.	5.	5.	5.	5.	5.	5.

Online Prospects	Online Prospects	Online Prospects	Online Prospects	Online Prospects	Online Prospects	Online Prospects
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
4.	4.	4.	4.	4.	4.	4.
5.	5.	5.	5.	5.	5.	5.
6.	6.	6.	6.	6.	6.	6.
7.	7.	7.	7.	7.	7.	7.
8.	8.	8.	8.	8.	8.	8.
9.	9.	9.	9.	9.	9.	9.
10.	10.	10.	10.	10.	10.	10.

Appts/Guests/Recr./Sale	Appts/Guests/Recr./Sale	Appts/Guests/Recr./Sale	Appts/Guests/Recr./Sale	Appts/Guests/Recr./Sale	Appts/Guests/Recr./Sale	Appts/Guests/Recr./Sales
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.
4.	4.	4.	4.	4.	4.	4.
5.	5.	5.	5.	5.	5.	5.
6.	6.	6.	6.	6.	6.	6.
7.	7.	7.	7.	7.	7.	7.
8.	8.	8.	8.	8.	8.	8.
9.	9.	9.	9.	9.	9.	9.
10.	10.	10.	10.	10.	10.	10.