

# My Weekly Plan Sheet For: \_\_\_\_\_

**My Week Includes:**    Daily Quiet Time    Family Time    Personal Time    Time for Sales Appointment    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 or recruit.

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							