

Name \_\_\_\_\_

Week beginning \_\_\_\_ - \_\_\_\_ - \_\_\_\_

PatLive \_\_\_\_\_

Week ending \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Total Points for the Week \_\_\_\_\_

## Basic Five Weekly Check List

*Each of the 8 categories is worth a max of 5 points per week. A perfect score is 40 points for the week.*

1. **Listen to one audio per day:**   
Mon \_\_\_\_\_ Tue \_\_\_\_\_ Wed \_\_\_\_\_ Thur \_\_\_\_\_ Fri \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_
  
2. **Read 15-20 minutes per day:**   
Mon \_\_\_\_\_ Tue \_\_\_\_\_ Wed \_\_\_\_\_ Thur \_\_\_\_\_ Fri \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_
  
3. **Read goal statement 2x's per day:**   
Mon \_\_\_\_\_ Tue \_\_\_\_\_ Wed \_\_\_\_\_ Thur \_\_\_\_\_ Fri \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_
  
4. **Sell 1 product per week to a new customer:**   
Name \_\_\_\_\_ Date \_\_\_\_ - \_\_\_\_ - \_\_\_\_  
Product(s) \_\_\_\_\_
  
5. **Show the plan to one personal prospect per week:**   
Name \_\_\_\_\_  
Next Step \_\_\_\_\_
  
6. **Follow up 1 time per week:**   
Name \_\_\_\_\_  
Next Step \_\_\_\_\_
  
7. **Attend 1-2 meetings per week:**   
Date \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Location \_\_\_\_\_  
Meeting Attended \_\_\_\_\_  
Date \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Location \_\_\_\_\_  
Meeting Attended \_\_\_\_\_
  
8. **Positive out loud verbal projections 50-100x's per day:**   
Mon \_\_\_\_\_ Tue \_\_\_\_\_ Wed \_\_\_\_\_ Thur \_\_\_\_\_ Fri \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_

Business "high":

Business "low":

Goal for next week: