

# fitclubnetwork weekly business plan for new coaches

DAILY	THU	FRI	SAT	SUN	MON	TUE	WED
Happy Birthdays (Facebook)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Add 4-8 contacts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start 4-8 conversations with new contacts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follow up with 4-8 contacts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Interact with 1-3 Challenge Group members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink Shakeology + Push Play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes mindset or skill set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	THEMES	TASKS					
<b>THURSDAY</b> Your Business	Thankful Thursday	<input type="checkbox"/>	Check paycheck & update tracker spreadsheet				
	Throwback Thursday						
	Thirsty Thursday	<input type="checkbox"/>	Share your story in FB Live video				
	Thoughtful Thursday						
<b>FRIDAY</b> Recruiting	Feel Good Friday	<input type="checkbox"/>	"Invite" 3 people to coaching opp ("If I...would you?")				
	Fit Friday	<input type="checkbox"/>	"Share" coaching video				
	Flex Friday						
	Friday Fun	<input type="checkbox"/>	Email new customer leads				
<b>SATURDAY</b> Challenge Groups	Shakeology Saturday	<input type="checkbox"/>	Full disclosure post				
	Slow Cooker Saturday						
	SOUPer Saturday	<input type="checkbox"/>	Create/schedule week's Challenge Group posts				
<b>SUNDAY</b> Social Media	Sunday Funday	<input type="checkbox"/>	Respond to all Like page comments				
	Soulful Sunday	<input type="checkbox"/>	Create/schedule week's Like page posts				
	Sunday School						
	Set-Up (meals) Sunday	<input type="checkbox"/>	Add YouTube video AND blog post				
<b>MONDAY</b> Training	Move It Monday (video)	<input type="checkbox"/>	Do a Beachbody training				
	Mindset Monday						
	Monday Motivation						
	Mindshift Monday	<input type="checkbox"/>	Film/share workout video				
	Meal Idea Monday						
<b>TUESDAY</b> Customers	Transformation Tuesday						
	Taco Tuesday	<input type="checkbox"/>	Motivate customers with transformation story				
	Tell Me Tuesday (? or poll)						
<b>WEDNESDAY</b> Connections	Wellness Wednesday	<input type="checkbox"/>	Double check rank in Coach Online Office				
	What's On Your Plate Wed						
	Wednesday Workout	<input type="checkbox"/>	5-10 Like page connects				