

# fitclubnetwork weekly business plan

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	TEAM		CUSTOMERS			
<b>THURSDAY</b> Your Business	Thankful Thursday Throwback Thursday Thirsty Thursday Thoughtful Thursday	<input type="checkbox"/>	Check paycheck & update tracker spreadsheet	<input type="checkbox"/>	Share your story		
<b>FRIDAY</b> Recruiting	Feel Good Friday Fit Friday Flex Friday Friday Fun	<input type="checkbox"/>	Post Team Call Link OR a team training	<input type="checkbox"/>	"Invite" 3 people to coaching opp ("If I...would you?")		
		<input type="checkbox"/>		<input type="checkbox"/>	"Share" coaching video		
		<input type="checkbox"/>		<input type="checkbox"/>	Email new customer leads		
<b>SATURDAY</b> Challenge Groups	Shakeology Saturday Slow Cooker Saturday SOUPer Saturday	<input type="checkbox"/>		<input type="checkbox"/>	Full disclosure post		
		<input type="checkbox"/>		<input type="checkbox"/>	Create/schedule week's Challenge Group posts		
<b>SUNDAY</b> Social Media	Sunday Funday Soulful Sunday Sunday School Set-Up (meals) Sunday	<input type="checkbox"/>	Post link for National Wakeup Call	<input type="checkbox"/>	Respond to all Like page comments		
<b>MONDAY</b> Training	Move It Monday (video) Mindset Monday Monday Motivation Mindshift Monday Meal Idea Monday	<input type="checkbox"/>	Share a Beachbody training	<input type="checkbox"/>	Film/share workout video		
		<input type="checkbox"/>	Remind to listen to National Wakeup Call				
		<input type="checkbox"/>	Check in with leaders				
<b>TUESDAY</b> Team	Transformation Tuesday Taco Tuesday Tell Me Tuesday (question or poll)	<input type="checkbox"/>	Check in with new coaches	<input type="checkbox"/>	Motivate customers with transformation story		
		<input type="checkbox"/>	Interact with all coaches				
		<input type="checkbox"/>	Schedule call with one coach				
		<input type="checkbox"/>	Film Facebook Live tip				
<b>WEDNESDAY</b> Connections	Wellness Wednesday What's On Your Plate Wed Wednesday Workout	<input type="checkbox"/>	Double check rank in Coach Online Office	<input type="checkbox"/>	5-10 Like page connects		