

MY WEEKLY PLAN SHEET

Name : _____

From: _____ - _____

My Week Includes: ☐ Quiet/Devotional Time ☐ Me/Personal Time ☐ Family Time ☐ Spouse/Spice Time ☐ Money Making Time ☐ Training Time ☐ Other

My Goals for the Upcoming Week: _____ # of Classes _____ # of Facials _____ # of Interviews _____ \$\$ in Retail Sales _____ #Phone Calls/live person _____ # to book, coach, sell to or recruit

Write in your Activities on the Plan Sheet below and Color Code

Blue = Quiet/Devotional Time (Read/Meditate/Pray) (Fill Spiritual Tank)	Purple = Me/Personal Time (Pedi/Mani/Friends) (Fill Emotional Tank)	Yellow = Family Time (Quality/Dinner/Games) (Kid's Activities)	Red = Spouse/Spice Time (Quality/Date Night) (Fill Relationship Tank)	Green = \$\$ Money Making Time (Sales Appts/Phone Time) (IPA's/Interv/Guest Event)	Pink = MK Training Time (Mtgs/Events) (Conference Calls)	Black = Other Time (Your J.O.B./Fam Appts) (Dr/Dentist/Etc)
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
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