



Coach
**EMPOWER
HOUR**

WEEK: _____

"Your dreams don't work unless you do."





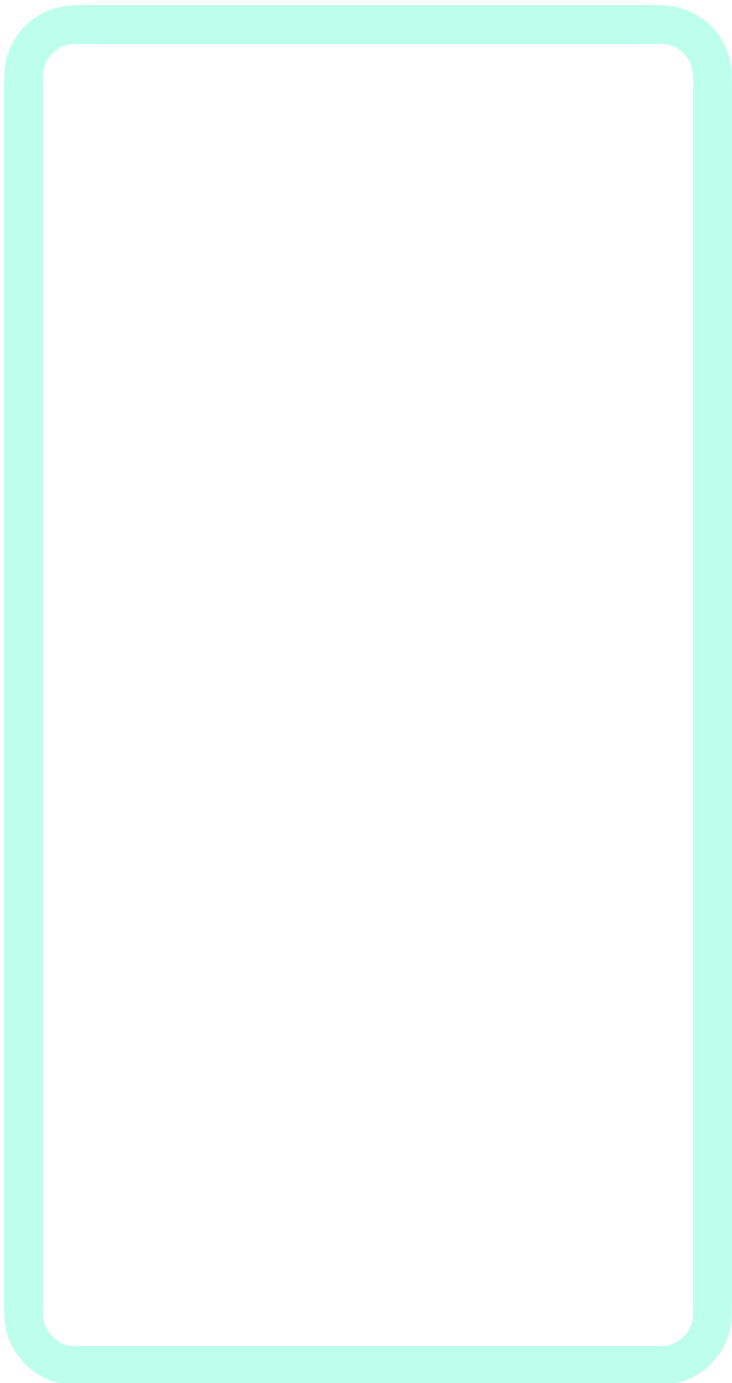
Weekly Notes & Ideas:

GATHER YOUR THOUGHTS FOR THE WEEK RIGHT HERE: To-do lists, reminders, ideas, and notes.

A series of horizontal dotted lines for writing notes and ideas.

Top Goals this week:

WHAT ARE YOUR TOP GOALS THIS WEEK?
WHAT ACTIONS ARE YOU GOING TO TAKE TO
ACHIEVE THESE GOALS?



Month Goals:

PHYSICAL:

FINANCIAL:

RELATIONSHIPS:

COACH BIZ:

SPIRITUAL:

OTHER:

Weekly Coach Action Plan:

THIS LIST LAYS OUT THE WEEKLY TASKS THAT ARE VITAL TO KEEPING YOU ON TOP OF YOUR GROWING BUSINESS!

All Coach Levels { new coaches to leader coaches - all need to complete this list }

- NATIONAL WAKEUP CALL
- REVIEW TEAM CALENDAR FOR UPCOMING EVENTS
- PLAN OUT YOUR WEEK
- SCHEDULE ANY POSTS
- CHECK-IN WITH SPONSOR/UPLINE COACH
- CHECK-IN WITH CHALLENGERS
- ZERO OUT ALL INBOX EMAILS & MESSAGES

Team Builders & Leaders { once you are growing a team, add on these tasks }

- COO: CHECK DRILLDOWN FOR INACTIVES
- COO: CHECK DRILLDOWN FOR SC / PV
- CHECK-IN WITH PS COACHES & TEAM
- REMOVE ANY PENDING FRIEND REQUESTS
- SAVE/SHARE VALUABLE CONTENT WITH YOUR COACHES
- CELEBRATE SUCCESS CLUB EVERY MONDAY (SC LEADERBOARD)
- RECOGNIZE PS COACHES FOR SUCCESS
- PICK A FEW "RUNNER" COACHES TO WORK WITH
- SEND PRIZES/GIFTS TO COACHES/CHALLENGERS
- CONTACT YOUR FREE LEADS
- CREATE TEAM CALENDAR (MONTHLY)

Work harder than you think you did yesterday.

Your Week at a Glance!

To-Do List:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

A large gray rectangular area containing horizontal dotted lines for writing a to-do list.

A light blue rectangular area for notes or scheduling on Monday.

A light blue rectangular area for notes or scheduling on Tuesday.

A light blue rectangular area for notes or scheduling on Wednesday.

A light blue rectangular area for notes or scheduling on Thursday.

A light blue rectangular area for notes or scheduling on Friday.

A light blue rectangular area for notes or scheduling on Saturday and Sunday.

Sunday: _____

VITAL BEHAVIORS:

- Personal Development
- Workout
- Shakeology
- Invites
- Recognize coaches

PLAN MY POSTS:

MORNING:

MID-DAY:

LATE-DAY:

NIGHT:

MY DAILY LIST/NOTES:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

MY DAILY AFFIRMATIONS:

MY SCHEDULE TODAY:

"Today I will do what others won't so tomorrow, I can do what others can't."

Empower Hour: _____

FRIEND REQUESTS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

CHECK BOX ONCE I'VE ADDED VALUE

CG INVITES / COACH INVITES:

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MY DAILY CHECK-INS:

- CHALLENGE GROUPS
- FREE GROUP
- TEAM PAGES
- MY COACHES
- MY CUSTOMERS

- LISTEN TO TRAINING VIDEO
- LISTEN TO TEAM CALL
- FOLLOW-UPS COMPLETED
- POSTED 3-5X TODAY
- CLEARED OUT MY INBOX
- VITAL BEHAVIORS DONE

MY 5 "HEY GIRL" MESSAGES:

- 1.
- 2.
- 3.
- 4.
- 5.

FOLLOW UP LIST:

Monday: _____

VITAL BEHAVIORS:

- Personal Development
- Workout
- Shakeology
- Invites
- Recognize coaches

PLAN MY POSTS:

MORNING:

MID-DAY:

LATE-DAY:

NIGHT:

MY DAILY LIST/NOTES:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

MY DAILY AFFIRMATIONS:

MY SCHEDULE TODAY:

"Today I will do what others won't so tomorrow, I can do what others can't."

Empower Hour: _____

FRIEND REQUESTS:

- 1.
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MY 5 "HEY GIRL" MESSAGES:

- 1.
- 2.
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FOLLOW UP LIST:

Tuesday: _____

VITAL BEHAVIORS:

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PLAN MY POSTS:

MORNING:

MID-DAY:

LATE-DAY:

NIGHT:

MY DAILY LIST/NOTES:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

MY DAILY AFFIRMATIONS:

MY SCHEDULE TODAY:

"Today I will do what others won't so tomorrow, I can do what others can't."

Empower Hour: _____

FRIEND REQUESTS:

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MY 5 "HEY GIRL" MESSAGES:

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FOLLOW UP LIST:

Wednesday: _____

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"Today I will do what others won't so tomorrow, I can do what others can't."

Empower Hour: _____

FRIEND REQUESTS:

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FOLLOW UP LIST:

Thursday: _____

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MID-DAY:

LATE-DAY:

NIGHT:

MY DAILY LIST/NOTES:

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Empower Hour: _____

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Friday: _____

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FOLLOW UP LIST:

Saturday: _____

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PLAN MY POSTS:

MORNING:

MID-DAY:

LATE-DAY:

NIGHT:

MY DAILY LIST/NOTES:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

MY DAILY AFFIRMATIONS:

MY SCHEDULE TODAY:

"Today I will do what others won't so tomorrow, I can do what others can't."

Empower Hour: _____

FRIEND REQUESTS:

1.
2.
3.
4.
5.
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MY 5 "HEY GIRL" MESSAGES:

1.
2.
3.
4.
5.

FOLLOW UP LIST:

Track Your Instagram Interaction:

Monday	
5 New Follows	5 Invites
1	1
2	2
3	3
4	4
5	5
10 Comments on Current Target	
1	6
2	7
3	8
4	9
5	10

Thursday	
5 New Follows	5 Invites
1	1
2	2
3	3
4	4
5	5
10 Comments on Current Target	
1	6
2	7
3	8
4	9
5	10

Tuesday	
5 New Follows	5 Invites
1	1
2	2
3	3
4	4
5	5
10 Comments on Current Target	
1	6
2	7
3	8
4	9
5	10

Friday	
5 New Follows	5 Invites
1	1
2	2
3	3
4	4
5	5
10 Comments on Current Target	
1	6
2	7
3	8
4	9
5	10

Wednesday	
5 New Follows	5 New Follows
1	1
2	2
3	3
4	4
5	5
10 Comments on Current Target	
1	6
2	7
3	8
4	9
5	10

Saturday	
5 New Follows	5 New Follows
1	1
2	2
3	3
4	4
5	5
10 Comments on Current Target	
1	6
2	7
3	8
4	9
5	10