

Daily Activity Checklist

Today's Date: _____

Get your mindset on track with the Team Fire Away mission statement: "Inspiring others to live healthy, seek their passion and fire away at their goals."

Read or listen to _____ minutes of personal development.

My 3 takeaways from my PD today are:

1. _____
2. _____
3. _____

Shared PD takeaway on social media

Invite 5 people to my challenge group, free challenge and/or coaching opportunity

The 5 people I've invited today are:

1. NAME: _____ Email Facebook Text
2. NAME: _____ Email Facebook Text
3. NAME: _____ Email Facebook Text
4. NAME: _____ Email Facebook Text
5. NAME: _____ Email Facebook Text

Added to contact/follow up list with date for follow up

Follow up with 5 people that I've invited to my challenge group, free challenge and/or coaching opportunity

The 5 people I've followed up with today are:

1. NAME: _____ Email Facebook Text
2. NAME: _____ Email Facebook Text
3. NAME: _____ Email Facebook Text
4. NAME: _____ Email Facebook Text
5. NAME: _____ Email Facebook Text

Added to contact/follow up list with date for NEXT follow up

Be a product of the product

Workout (Y/N) _____ Shakeology (Y/N) _____

Message or text one person for encouragement (Coach, customer or friend)

I spread some love to _____ today.

I started _____ new conversations today. (GOAL: 5)

I added _____ new friends on Facebook today. (GOAL: 5)

I followed _____ new people on Instagram today. (GOAL: 10)

I made 5 posts on social media today.

What did I post today?

- | | |
|---|---|
| <input type="checkbox"/> Tool/resource (app, book, new finding) | <input type="checkbox"/> Entertaining (funny story, funny video, meme, etc) |
| <input type="checkbox"/> Question/poll audience | <input type="checkbox"/> Pedestal (highlight, welcome or shoutout someone) |
| <input type="checkbox"/> Struggles + UPSWING! | <input type="checkbox"/> Time/money savers |
| <input type="checkbox"/> Answer/post about an FAQ | <input type="checkbox"/> Motivational |
| <input type="checkbox"/> How-to or a system | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> "This is who I am" post | <input type="checkbox"/> Progress picture |
| <input type="checkbox"/> Invite to challenge group | <input type="checkbox"/> Invite to coaching opportunity |