

DAY PLAN

Date: / /

AMBITIOUS
PASSIONATE ABOUT PEOPLE
INQUISITIVE
EXPERT

Business Plan – Keep it S, M, A, R, T

✓ Simple ✓ Measurable ✓ Achievable ✓ Realistic ✓ Targeted

WHAT DO YOU PLAN TO ACHIEVE THIS MONTH?

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	Target Last Period	Result Last Period	Target This Period
Messages Out			
Flyers / Business Cards Out			
People Spoken To			
Health Profiles Completed			
6 Day Trials Out			
New Clients			
Returning Clients			
Total Clients			
New Team members			
Retail Income £	£	£	£
Team Leader Income £	£	£	£
Supervisor Income £	£	£	£
New Fit-club members			
Returning Fit-club members			
New Challenge members			
Returning Challenge members			
TOTAL £	£	£	£

Business Plan – WORK CALANDAR

- ❖ **Mark the dates in the weeks below**
- ❖ **Mark the RTD / Training event you plan to attend**
- ❖ **Mark other events you have to INVITE people to this month: eg: HOM**

[illegible]

- ❖ Mark the times in which you are already busy this week
- ❖ Mark the times in which you are willing to dedicate to your Herbalife business

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00							
07:30							
08:00							
08:30							
09:00							
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20:00							
20:30							
21:00							
21:30							
22:00							

NOTES:

***Use social media to build your brand but be mindful not to only post about Herbalife ***

CLIENT NAMES

[illegible]

MONDAY	TUESDAY	WEDNESDAY
<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>
<u>1</u>	<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>	<u>6</u>

NOTES:

[illegible]

Week 1		
Activities		
Talking to people	Business Launch	Charity events
TXT messages / messenger out	Shake Parties	Fit Club
Flyers / Business Cards / Posters	Pamper Parties	Body Challenge
Survey / Online Survey	Rewards given – flowers etc	Trial challenges
Ask for referrals	Testimonial sharing	Newspapers (speak to sponsor first)
Body Fat Testing	Task of the month	Social media
Product Sampling	Flash mobbing	Chase the likes
6 day trials	Sporting Events	

*** Post about a shake and a delicious healthy recipe to your clients ***

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>	<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>	<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>	<u>6</u>	<u>6</u>

6 Day Trial Clients Name:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6

Messages Out	
Flyers / Business Cards Out	
People Spoken to	
New Social Media Friends	
Emails/numbers collected	
Health Profiles Booked	
6 Day Trials Booked	
Health Profiles Done	
New 6 Day Trial Client	
New Client	
Referrals Gained	
Retail Product £	£
Retail PROFIT £	£

***Transformation Tuesday – Post about a client / Herbalife result ***
(Your own personal goals & result are always great to share with your friends too)

CLIENT NAMES

[illegible]

MONDAY	TUESDAY	WEDNESDAY
<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>
<u>1</u>	<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>	<u>6</u>

NOTES:

[illegible]

Week 2		
Activities		
Talking to people	Business Launch	Charity events
TXT messages / messenger out	Shake Parties	Fit Club
Flyers / Business Cards / Posters	Pamper Parties	Body Challenge
Survey / Online Survey	Rewards given – flowers etc	Trial challenges
Ask for referrals	Testimonial sharing	Newspapers (speak to sponsor first)
Body Fat Testing	Task of the month	Social media
Product Sampling	Flash mobbing	Chase the likes
6 day trials	Sporting Events	

***Post about your weekend fun activities on social media – Non Herbalife ***

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>	<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>	<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>	<u>6</u>	<u>6</u>

6 Day Trial Clients Name:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6

Messages Out	
Flyers / Business Cards Out	
People Spoken to	
New Social Media Friends	
Emails/numbers collected	
Health Profiles Booked	
6 Day Trials Booked	
Health Profiles Done	
New 6 Day Trial Client	
New Client	
Referrals Gained	
Retail Product £	£
Retail PROFIT £	£

Recipe Wednesday – Post or email a healthy recipe to your clients

CLIENT NAMES

[illegible]

MONDAY	TUESDAY	WEDNESDAY
<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>
<u>1</u>	<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>	<u>6</u>

NOTES:

[illegible]

Week 3		
Activities		
Talking to people	Business Launch	Charity events
TXT messages / messenger out	Shake Parties	Fit Club
Flyers / Business Cards / Posters	Pamper Parties	Body Challenge
Survey / Online Survey	Rewards given – flowers etc	Trial challenges
Ask for referrals	Testimonial sharing	Newspapers (speak to sponsor first)
Body Fat Testing	Task of the month	Social media
Product Sampling	Flash mobbing	Chase the likes
6 day trials	Sporting Events	

Fitness Friday: Post a simple 10 minute workout that you can do from home for your clients

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>	<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>	<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>	<u>6</u>	<u>6</u>

6 Day Trial Clients Name:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6

Messages Out	
Flyers / Business Cards Out	
People Spoken to	
New Social Media Friends	
Emails/numbers collected	
Health Profiles Booked	
6 Day Trials Booked	
Health Profiles Done	
New 6 Day Trial Client	
New Client	
Referrals Gained	
Retail Product £	£
Retail PROFIT £	£

***Transformation Tuesday – Post about a client / Herbalife result ***
(Your own personal goals & result are always great to share with your friends too)

CLIENT NAMES

[illegible]

MONDAY	TUESDAY	WEDNESDAY
<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>
<u>1</u>	<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>	<u>6</u>

NOTES:

[illegible]

Week 4		
Activities		
Talking to people	Business Launch	Charity events
TXT messages / messenger out	Shake Parties	Fit Club
Flyers / Business Cards / Posters	Pamper Parties	Body Challenge
Survey / Online Survey	Rewards given – flowers etc	Trial challenges
Ask for referrals	Testimonial sharing	Newspapers (speak to sponsor first)
Body Fat Testing	Task of the month	Social media
Product Sampling	Flash mobbing	Chase the likes
6 day trials	Sporting Events	

Post about your weekend if you attended an RTD tag yourself in and let people know

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>	<u>FOCUS TODAY</u>
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>	<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>	<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>	<u>6</u>	<u>6</u>

6 Day Trial Clients Name:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6

Messages Out	
Flyers / Business Cards Out	
People Spoken to	
New Social Media Friends	
Emails/numbers collected	
Health Profiles Booked	
6 Day Trials Booked	
Health Profiles Done	
New 6 Day Trial Client	
New Client	
Referrals Gained	
Retail Product £	£
Retail PROFIT £	£

Client Tracker

	Name	Product	Start date	Re-order
1				
2				
3				
4				
5				
6				
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Notes:

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