

DAILY TASK LIST		M	T	W	TH	F	SA	SU
Invite. Invite. Invite.	I met and/or connected with a new person (or 2-3 new people) today. I am FORMing relationships with them or engaging them in the 5-step invitation process.							
	I posted a blog post, commented on other blog posts, or brainstormed/prepped a future post.							
	I scheduled my social media posting for tomorrow to share health & fitness with my friends and/or invite them to my challenge group.							
	I checked in with my team in Facebook groups/BB communities, actively participated in conversations, and shared a pic/recipe/update.							
	I schedule posts for my current challenge groups, actively participated/kept challengers engaged, and/or brainstormed a future challenge group.							
Be proof the products work.	I completed my workout for the day (or took a scheduled rest day), and logged my workout in SuperGym.							
	I drank my Shakeology (and took a fun picture to share later).							
	I tracked my calories for the day using MyFitnessPal and took pictures for future blog posts and/or social media posts.							
Growth.	I read, listened to, or watched a personal development video for 15-30 mins to help me grow as a person and grow my business.							