

## POWER HOUR

Make this your daily business Power Hour. Use it like a "to-do" list, daily must-do checklist and update your Business Activity Tracker when you've completed your Power Hour to track your business.

### 4 Vital Behaviors:

- 15-30 minutes of Personal Development  
PD: \_\_\_\_\_
- Workout  
Program: \_\_\_\_\_
- Drink Shakeology
- Recognize and Celebrate
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_

### Connect:

- Share 3-5 posts on Social Media
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
  - 5) \_\_\_\_\_
- Add 3 new connections on Social Media
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
- Start 5 new conversations
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
  - 5) \_\_\_\_\_
- Check into my upline, downline and Team Facebook Groups
  - upline
  - downline
  - Fuego Fit Nation
  - Team No Limits
  - Team Victory
- Post in my Challenge Groups
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_

### Follow Up:

- Follow up from conversations started yesterday
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
  - 5) \_\_\_\_\_
- Check in with maybes, laters and nos.
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  - 4) \_\_\_\_\_
- Reply to any inbound messages

### Track:

- Check the coach online office Coach Breaking News
- Check for new customers, coaches, and rank advancements
- Verify my Success Club Points and Personal Volume
- Evaluate what worked for me today, what I learned, and what I will change
- ACT on What I learned in personal development (Apply, Change, or Teach)

### Plan:

- Based on What I will change, plan tomorrow's business activities
- Create posts for later use/plan hooks
- Schedule my Beachbody Power Hour into tomorrow's schedule

Notes: \_\_\_\_\_

---

---

---

---

---