

# DAILY SPRINT

Today's Date:



## MY NON-NEGOTIABLES

ACTIVITY	TALLY TRACKING
NEW CONVERSATIONS (1 PT EACH)	<b>1</b> <b>2</b> <b>3</b> <b>4</b> <b>5</b> <b>6</b> <b>7</b> <b>8</b> <b>9</b> <b>10</b>
FOLLOW UP CALL (1 PT EACH)	<b>1</b> <b>2</b> <b>3</b> <b>4</b> <b>5</b> <b>6</b> <b>7</b> <b>8</b>
FOLLOW UP TEXT (1 PT EACH)	<b>1</b> <b>2</b> <b>3</b> <b>4</b> <b>5</b>
HAND WRITTEN NOTE (1 PT EACH)	<b>1</b> <b>2</b> <b>3</b> <b>4</b> <b>5</b>
VIDEOS (1 PT EACH)	<b>1</b> <b>2</b> <b>3</b> <b>4</b> <b>5</b>
POST ON SOCIAL (YES = 5PTS)	YES <input type="checkbox"/> NO <input type="checkbox"/>
REVIEW / REFERRAL REQUEST (YES = 10PTS)	YES <input type="checkbox"/> NO <input type="checkbox"/>

## PERSONAL DEVELOPMENT

ACTIVITY	TALLY TRACKING
GROWTH: 10 MINUTES (YES = 10 PTS)	YES <input type="checkbox"/> NO <input type="checkbox"/>
30 MIN OF SELF CARE (YES = 5 PTS)	YES <input type="checkbox"/> NO <input type="checkbox"/>
REVIEW + PREP FOR TOMORROW (YES = 2PTS)	YES <input type="checkbox"/> NO <input type="checkbox"/>

## JOURNAL

Objections, what worked, or what didn't work. (5 POINTS)

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## BONUS POINTS

ACTIVITY	TALLY TRACKING
INITIAL CONSULTATION SET (10 PTS)	<b>1</b> <b>2</b> <b>3</b>
INITIAL CONSULTATION HELD (10 PTS)	<b>1</b> <b>2</b> <b>3</b>
NEW LISTING GOES LIVE (10 PTS)	<b>1</b> <b>2</b> <b>3</b>
UNDER CONTRACT (10 PTS)	<b>1</b> <b>2</b> <b>3</b>

## DAILY POINTS

/70

+

## BONUS POINTS

=

## GRAND TOTAL