

MY "90-DAY BLITZ" COMMITMENT

For the next 90 days... I, _____, commit to doing the following:
Associate Name

1. Reschedule as much as I can until after my 90-DAY BLITZ...like _____

2. Limit the number of visitors and extra activities I participate in during my 90-DAY BLITZ...like _____

3. Give up unproductive activities during my 90- DAY BLITZ ...(Ex. TV, Radio, Video Games, etc.) like _____

4. I will select a tough workout partner(s) who will hold me accountable for my daily activities and we will communicate daily...name of workout partner(s):_____
5. I will also call into all accountability calls hosted by my upline Executive Director and Ring Earner:

6. I will explain my 90-DAY BLITZ COMMITMENT to my family/friends and ask for their support & help.
7. I will maintain a high energy level by being smart with my eating choices (Ex. Vitamins, water, sleep, healthy foods, etc.)...like _____
8. I will stay focused and remove all distractions during my 90-DAY BLITZ...like _____

9. At the end of my 90-DAY BLITZ, my goal is: \$_____ per month... Rank/Level:_____
#Personal Rec:_____. #Personal Mem:____... #Personal Promotion:____... #Legs in Player's Club:_____
10. I commit to consistently doing the following activities during my 90-DAY BLITZ:
#Exposures/day:_____ #Follow-Ups/day:_____ #Sit Downs/wk:_____ #PBRs/wk:_____ #LDPs/wk:_____ *
Suggested P/T(10-20 hrs/wk): 5-10 Exp/day, 10-15 FUs/day, 5-7 SDs/wk, 5+ PBRs/wk, 3-5 LDPs/wk *
Suggested F/T(25+ hrs/wk): 10+ Exp/day, 15+ FUs/day, 7+ SDs/wk, 5+ PBRs/wk, 5+ LDPs/wk
11. I will track my activities using the 10-in-Play Pipeline & Tracking Sheet.
12. I will apply the 80/20 Rule and not work with "UNCOMMITTED"
13. My reward for doing the 90-DAY BLITZ will be:_____

Associate Signature

90-DAY BLITZ Start Date

Current Level

Best Contact Phone #: _____ Email Address: _____