

Know Your Numbers to Grow Your Numbers

MOMPREENEURS MASTERY MODULE — V1.1 — TRACKING SHEET

Everything in your business needs to be measured, from your finances to your follow ups. So many business owners have no idea how many people they reach in a day or week because they are not tracking those numbers. If you pay attention to your numbers and commit to doing a set amount of follow ups everyday - your business will grow!

For the next month: use this tracking sheet to track your follow-ups. Commit to doing a certain amount each day (5-10 a day is a great goal) and watch your business change. Habits take time to form, so don't be hard on yourself if you miss a day or two, but don't give up if you do miss a day or two either. Next month we will add one more spin to this sheet so we can get you well on your way to forming a new habit and reaching those BIG goals.

Follow up Tracking Sheet MONTH: _____

Month/Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1								
2								
3								
4								
5 (if there is one)								

TOTAL for the month: _____

Whatever you track and measure will grow!