

☑ PERSONAL ACCOUNTABILITY CHECKLIST

BE MY Best!

IPAs

- A** - Party held (\$300+sales)
- B** - 2 New Bookings
- C** - \$100 day
- D** - Add 5 to NYBC FB Group
- E** - 1 New Team Member
- F** - Coach a New Team Member using the Recruiter Checklist

MONDAY

DATE: _____

- I completed 20 min. of exercise.
- I drank 1/2 my body weight in water.
- I had my quiet time.
- I did my affirmations and wrote 3 things I'm grateful for.
- I completed 2 IPA's today:
1 _____
2 _____
- I shared the MK Opportunity with 2 people today:
1 _____
2 _____
- I was good in my food choices today.
- I wrote my 6 Most important things to do for tomorrow list.

TUESDAY

DATE: _____

- I completed 20 min. of exercise.
- I drank 1/2 my body weight in water.
- I had my quiet time.
- I did my affirmations and wrote 3 things I'm grateful for.
- I completed 2 IPA's today:
1 _____
2 _____
- I shared the MK Opportunity with 2 people today:
1 _____
2 _____
- I was good in my food choices today.
- I wrote my 6 Most important things to do for tomorrow list.

WEDNESDAY

DATE: _____

- I completed 20 min. of exercise.
- I drank 1/2 my body weight in water.
- I had my quiet time.
- I did my affirmations and wrote 3 things I'm grateful for.
- I completed 2 IPA's today:
1 _____
2 _____
- I shared the MK Opportunity with 2 people today:
1 _____
2 _____
- I was good in my food choices today.
- I wrote my 6 Most important things to do for tomorrow list.

THURSDAY

DATE: _____

- I completed 20 min. of exercise.
- I drank 1/2 my body weight in water.
- I had my quiet time.
- I did my affirmations and wrote 3 things I'm grateful for.
- I completed 2 IPA's today:
1 _____
2 _____
- I shared the MK Opportunity with 2 people today:
1 _____
2 _____
- I was good in my food choices today.
- I wrote my 6 Most important things to do for tomorrow list.

FRIDAY

DATE: _____

- I completed 20 min. of exercise.
- I drank 1/2 my body weight in water.
- I had my quiet time.
- I did my affirmations and wrote 3 things I'm grateful for.
- I completed 2 IPA's today:
1 _____
2 _____
- I shared the MK Opportunity with 2 people today:
1 _____
2 _____
- I was good in my food choices today.
- I wrote my 6 Most important things to do for tomorrow list.

SATURDAY

DATE: _____

- I completed 20 min. of exercise.
- I drank 1/2 my body weight in water.
- I had my quiet time.
- I did my affirmations and wrote 3 things I'm grateful for.
- I completed 2 IPA's today:
1 _____
2 _____
- I shared the MK Opportunity with 2 people today:
1 _____
2 _____
- I was good in my food choices today.
- I wrote my 6 Most important things to do for tomorrow list.

SUNDAY

DATE: _____

- I completed 20 min. of exercise.
- I drank 1/2 my body weight in water.
- I had my quiet time.
- I did my affirmations and wrote 3 things I'm grateful for.
- I completed 2 IPA's today:
1 _____
2 _____
- I shared the MK Opportunity with 2 people today:
1 _____
2 _____
- I was good in my food choices today.
- I wrote my 6 Most important things to do for tomorrow list.