

# M.O.'s

## Mandatory Operations

Week 3/31-4/6

	Must Do's	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	Read for 30 minutes a Day, and reflect on what I took away from the reading.							
2	Make 100 Sales calls today							
3	Spend 1 hour following up with past clients							
4	Spend 1 hour studying current biology chapter							
5	Exercise for 45 minutes							

My wins for the week were:

I learned:

Week 4/7-4/13

	Must Do's	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	Read for 30 minutes a Day, and reflect on what I took away from the reading.							
2	Make 100 Sales calls today							
3	Spend 1 hour following up with past clients							
4	Spend 1 hour studying current biology chapter							
5	Exercise for 45 minutes							

My wins for the week were:

I learned:

Week- 4/14-4/20

	Must Do's	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	Read for 30 minutes a Day, and reflect on what I took away from the reading.							
2	Make 100 Sales calls today							
3	Spend 1 hour following up with past clients							
4	Spend 1 hour studying current biology chapter							
5	Exercise for 45 minutes							

My wins for the week were:

I learned:

Week- 4/21-4/27

	Must Do's	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	Read for 30 minutes a Day, and reflect on what I took away from the reading.							
2	Make 100 Sales calls today							
3	Spend 1 hour following up with past clients							
4	Spend 1 hour studying current biology chapter							
5	Exercise for 45 minutes							

My wins for the week were:

I learned:

## M.O.'s

Week 3/31-4/6

	Must Do's	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1								
2								
3								
4								
5								

My wins for the week were:

I learned:

Week 4/7-4/13

	Must Do's	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1								
2								
3								
4								
5								

My wins for the week were:

I learned:

Week- 4/14-4/20

	Must Do's	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1								
2								
3								
4								
5								

My wins for the week were:

I learned:

Week- 4/21-4/27

	Must Do's	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1								
2								
3								
4								
5								

My wins for the week were:

I learned:

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