

## Accountability Follow Up Work Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Personally Enrolled Members: Left Leg \_\_\_\_\_ Right Leg \_\_\_\_\_

Active Autoships: Left Leg \_\_\_\_\_ Right Leg \_\_\_\_\_

1. Since the last session what action steps have you taken?

2. What important issues you are procrastinating on?

3. What important issue would you like to discuss?

4. Which motivational book(s) are you reading?

5. What motivational CD's have you listened this week?

6. What is your goal for this coming week as to how many new Vemma band partners you will enroll?

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**7. List the names of the new people you added to your prospect list this week:** (should be at least 5 to 10 new people per week)

<b>Name:</b>	<b>Phone Number:</b>	<b>Brief Description:</b> (who they are & where did you meet?)
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

**8. List the names of the individuals you gave presentations to and the outcome:** (should be 3 presentations per week for part time and 10 presentations a week for full time)

<b>Name:</b>	<b>Outcome:</b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____