Sales Rock Star (you)

Weekly Sales Activity Worksheet

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Weekly Sales Activity Works	sheet		V	Mike@SalesKitchen.com				Sales Kitchen "Heat Up Your Sales"			
		630-548-972					2.5	"Heat Up	Your Sa	rour Sales"	
					ly 30, 20	1					
	Weekly	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total	% of	
Goals: S M A R T (W) *	Goal	24	25	26	27	28	29	30	week	goal	
Prospecting Goals	100								0	0%	
call existing clients	7								0	0%	
call completed clients	10								0	0%	
call prospects	25								0	0%	
call lead from Q4 2010	10								0	0%	
call lead from Q1 2011	10								0	0%	
call lead from Q2 2011	10								0	0%	
call referral	5								0	0%	
call friend	5								0	0%	
call vendor	5								0	0%	
visit vendor	5								0	0%	
visit prospect/client	8								0	0%	
set prospect appointment	15								0	0%	
Networking Goals											
network event	2								0	0%	
get referral	5								0	0%	
call referral	5								0	0%	
give referral	5								0	0%	
linked-in contacts	5								0	0%	
linked-in referral	5								0	0%	
new clients	5								0	0%	
new quality contacts	15								0	0%	
linked-in recommendation	1										
collect business card	15								0	0%	
add to email blast	25								0	0%	
Selling Goals P A P C E *	20										
FAB*									0		
warm-up call (check list)									0		
set appointment	15								0		
Preparation ~ meticulous									0		
Introduction									0		
presentations ~ compelling									0		
confirm client involvement									0		
Proposal									0		
close	5								0		
ask for the business	15								0		
3 B's of selling *									0		
thank you card	15								0		
follow up phone call 24 hours	15								0		
follow up phone call 3 days	15								0		
follow up visit	15								0		
maintain momentum									0		
	4400								0		
revenue	1100								0		
thank you for your business	10								0		
Sales/Marketing Tactics											
Presentation book current?	1								0		
email blast	1							-	0		
emails	35								0		
newsletters	1							-	0		
postcards	15		<u> </u>						0		
greeting card	10		<u> </u>						0		
attend seminar	1		<u> </u>								
Facebook business tip	5		ł	<u> </u>		 		+			
			1	1		1					

SMART (W) Specific, Measureable, Attainable, Realistic, Timebound & (Written down) PAPCE: Preparation, Approach, Presentation, Close, Evaluation

FAB: Features, Advantages, & Benefits

3 B's: Be Bright, Be Brief, & Be Gone.