

8 WEEK TRAINING PLAN™

MY FOCUS

TARGET NUMBER

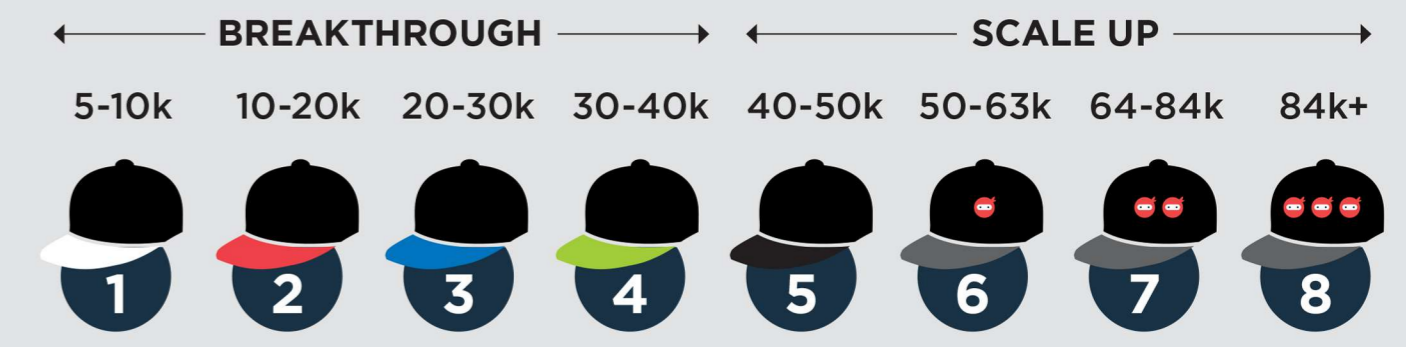
ROADBLOCK

REWARD

SCALE UP IN 8 WEEKS

CURRENT HAT NUMBER	# <input type="text"/>	HAT GOAL NUMBER	# <input type="text"/>
CURRENT REVENUE	\$ <input type="text"/> <small>(monthly)</small>	GOAL REVENUE	\$ <input type="text"/> <small>(monthly)</small>
AVERAGE MEMBERSHIP PRICE	\$ <input type="text"/> <small>(monthly)</small>	AVERAGE ATTRITION RATE	<input type="text"/> <small>(monthly)</small>

THE GAP	\$ <input type="text"/> <small>(Gap = Goal Revenue - Current Revenue)</small>	MEMBERS NEEDED	<input type="text"/> <small>(Members Needed = The Gap / Average Monthly Membership + Attrition Rate)</small>
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WEEKLY \$ TRACKING

WEEK 1	DATE	DATE	WEEK 2	DATE	DATE	WEEK 3	DATE	DATE	WEEK 4	DATE	DATE
	\$	\$		\$	\$		\$	\$		\$	\$
	MEMBER	MEMBER		MEMBER	MEMBER		MEMBER	MEMBER		MEMBER	MEMBER
	G	A		G	A		G	A		G	A
WEEK 5	DATE	DATE	WEEK 6	DATE	DATE	WEEK 7	DATE	DATE	WEEK 8	DATE	DATE
	\$	\$		\$	\$		\$	\$		\$	\$
	MEMBER	MEMBER		MEMBER	MEMBER		MEMBER	MEMBER		MEMBER	MEMBER
	G	A		G	A		G	A		G	A

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