

WEEKLY DMO AND POST TRACKER   FOR DAYS 92 - 12				
NAME:	DATE STARTED:			
# Followers/Friends this week:				

	DAY:						
Daily post							
Comment on every daily post comment							
Daily story							
Add 6 new friends a day (Friend request)							
Comment on 6 stories							
Comment on 10 posts a day							
Invite 4 people to look at information (Seeds of Health)							
Wish friends a verbal "happy birthday" – use voice messaging system (FB Messenger)							
Sponsor new member or ambassador							
Weekly team huddle							

NOTES:			