

# THE REMOTE CLOSER'S DAILY TRACKER

DATE \_\_\_\_\_

CRUSH YOUR QUOTA. RECLAIM YOUR HEALTH.

DAY  
\_\_\_ of 90

MONTH  
1 2 3

TARGETS HIT  
\_\_\_ of 7

DAY COUNTS IF  
**5 or more**

## OUTBOUND

| METRIC             | TARGET               | ACTUAL               |
|--------------------|----------------------|----------------------|
| Dials / calls      | <input type="text"/> | <input type="text"/> |
| Meetings booked    | <input type="text"/> | <input type="text"/> |
| Pipeline added     | <input type="text"/> | <input type="text"/> |
| Follow-ups cleared | <input type="text"/> | <input type="text"/> |

## RECOVERY

| METRIC                                                | TARGET               | ACTUAL               |
|-------------------------------------------------------|----------------------|----------------------|
| Stand-up breaks                                       | <input type="text"/> | <input type="text"/> |
| Breathwork (min)                                      | <input type="text"/> | <input type="text"/> |
| <input type="checkbox"/> Posture & desk setup checked |                      |                      |

## THE THREE PILLARS — ONE LINE EACH

**SALES** — WHAT MOVED A DEAL TODAY. BE SPECIFIC.

**WELLNESS** — HOW THE BODY FELT TODAY. BE HONEST.

**SYSTEMS** — ONE THING YOU AUTOMATED, DELETED, OR TEMPLATED.

## THE 90-SECOND RESET — RUN IT BETWEEN CALLS

1. Stand and exhale longer than you inhale. Four in, six out, four rounds.
2. Drop your shoulders. Unclench your jaw.
3. Name what actually happened, out loud, in one sentence.
4. State the next action, then take it within ten seconds.