

THE 30-DAY REPS TRACKER

One channel, one daily number, thirty boxes. Print it and put it where you drink your coffee.

You do not need a better offer. You need more reps. Pick one way to reach people, set a number you can hit on a bad day, do it before you check anything else, and judge the month instead of the message.

STEP 1 AND 2: PICK THE CHANNEL AND THE DAILY NUMBER

Channel	Daily number	Good for
Cold email	20 emails	Any business that has a website or an email address
Phone calls	10 calls	Trades, B2B, anything with a front desk
Walk-ins	5 visits	Local shops, restaurants, offices on one street
DMs	15 messages	Businesses that post but do not list an email

My channel: _____ My daily number: _____ Start date: _____

STEP 4: THE TRACKER (TICK THE BOX WHEN THE NUMBER IS DONE)

Day	Done	Day	Done	Day	Done
Day 1	[]	Day 11	[]	Day 21	[]
Day 2	[]	Day 12	[]	Day 22	[]
Day 3	[]	Day 13	[]	Day 23	[]
Day 4	[]	Day 14	[]	Day 24	[]
Day 5	[]	Day 15	[]	Day 25	[]
Day 6	[]	Day 16	[]	Day 26	[]
Day 7	[]	Day 17	[]	Day 27	[]
Day 8	[]	Day 18	[]	Day 28	[]
Day 9	[]	Day 19	[]	Day 29	[]
Day 10	[]	Day 20	[]	Day 30	[]

THE 20-EMAIL MORNING SCRIPT (COPY, THEN MAKE IT YOURS)

EMAIL

Subject: quick question about [their business]

Hi [first name],

I was looking at [their business] and noticed [one specific thing: no booking link, no reviews this year, old photos].

I help [type of business] in [town] with [the result you deliver] without [the thing they hate].

Worth a five minute call this week, or would it be easier if I sent two examples?

[YOUR NAME]

[your phone]

WHAT TO SAY ON DAY 1 (WHEN IT FEELS AWKWARD)

- Nobody is grading you. Day one's job is to exist, not to close.
- Read the email out loud once. If it sounds like a robot, cut the longest sentence.
- The first ten are practice. Send them to the businesses you care least about.
- Count sends, not replies. Replies are a month-end number.

STEP 5: JUDGE THE MONTH

Week	Reps done	Replies	Appointments	Note
1				
2				
3				
4				

Educational only. No replies, appointments or sales promised. Thirty days of honest reps is the only claim on this page.

Want the 600 names so the 20 a day is just sending?

- I sell ready-made business lists to reach customers by email. Message me LIST.
- Free community, more plays like this: skool.com/unlimitedleads
- Find and verify the emails free: EmailClik.com