## Full Contact Sheet. "The 100 Names List"

Use this contact sheet to write down a list of all of your contacts. Use this in conjunction with the "Memory Joggers Sheet" and the "100 No's List" located on www.100NosList.com

Your Name:	ne: Your Phone #:				Date:		
Name	Phone Number(s)	City	State	Relation	Bckgrnd	Notes	
			_				
						7	
						<u> </u>	
					8	30 W W W	
						72 29 Y 72	
						0 0	

When making your list it is important to not prejudge anyone because you don't know who they know!

Print several copies of these sheets & add the names of everyone you know & meet to them. To get additional copies of this sheet & to take the "100 No's Challenge" Go to <a href="www.100NosChallenge.com">www.100NosChallenge.com</a> When you get a "No" add that person to your "100 No's List" so you can get credit for them. Use the "Memory Joggers Sheet" on that site to help you add names to your list! To track your activity, discover you ratios, & see how much money you earn per call & per activity, set up a free <a href="https://example.com">ActivityTracker.com</a> account. This tool will increase your motivation & help you measure your progress!