|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| OJT Job Search Fitness Log | Name |  | Leader/Mentor:  |  |
|  | Date |  | Launch Pad Date: |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Exercise | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| **first Things First** | Meeting with leader |  | | |  | **X** | | |  |  | | |  |  | | |  |  | | |  | **X** | | |  |
| Launch Pad |  | | |  | **X** | | |  |  | | |  |  | | |  |  | | |  | **X** | | |  |
| Join Small Group | **X** | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Attend Workshops | **X** | | |  |  | | |  |  | | |  | **X** | | |  |  | | |  | **X** | | |  |
| **Linkedin** | Complete Profile (All Star Level) |  | | |  |  | | |  | **X** | | |  |  | | |  |  | | |  |  | | |  |
| 100 + connections |  | | |  |  | | |  |  | | |  | **X** | | |  |  | | |  |  | | |  |
| Share/Post content |  | | |  |  | | |  |  | | |  | **X** | | |  | **X** | | |  | **X** | | |  |
| Killer Headline/Summary |  | | |  | **X** | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| **Networking** | Attend an event bi-weekly |  | | |  | **X** | | |  |  | | |  | **X** | | |  |  | | |  | **X** | | |  |
| Prepared Elevator Speech |  | | |  |  | | |  | **X** | | |  |  | | |  |  | | |  |  | | |  |
| Business Cards Ordered |  | | |  | **X** | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Invite someone for 1-on-1 meeting  |  | | |  |  | | |  | **X** | | |  | **X** | | |  | **X** | | |  |  | | |  |
| **Resumes** | Write 10 page resume |  | | |  |  | | |  | **X** | | |  |  | | |  |  | | |  |  | | |  |
| First/Second Draft |  | | |  | **X** | | |  |  | | |  |  | | |  | **X** | | |  |  | | |  |
| Accomplishment Based %, #, $ |  | | |  |  | | |  |  | | |  | **X** | | |  |  | | |  |  | | |  |
| **interviewing** | Mock Interview |  | | |  |  | | |  | **X** | | |  | **X** | | |  |  | | |  |  | | |  |
| Practice Responses |  | | |  | **X** | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Develop Questions |  | | |  |  | | |  | **X** | | |  |  | | |  |  | | |  |  | | |  |

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