



Income Streams Checklist

Using the chart below, check each item as one of the following:

- Services/products you are currently offering
- Services/products that sound interesting, that you would like to do, or that you would at least explore doing

Following the checklist, you'll find a worksheet area for improving your income streams.

Private Services	Already Doing	Would Like to Do	Notes
1:1 Coaching – In Person	<input type="checkbox"/>	<input type="checkbox"/>	
1:1 Coaching – Over the Phone	<input type="checkbox"/>	<input type="checkbox"/>	
1:1 Coaching – Packages and Programs	<input type="checkbox"/>	<input type="checkbox"/>	
Kitchen Makeovers	<input type="checkbox"/>	<input type="checkbox"/>	
1:1 Food Preparation and Lifestyle Instruction	<input type="checkbox"/>	<input type="checkbox"/>	
VIP Day – Live	<input type="checkbox"/>	<input type="checkbox"/>	
VIP Day – Over the Phone	<input type="checkbox"/>	<input type="checkbox"/>	
1:1 Virtual Workshop	<input type="checkbox"/>	<input type="checkbox"/>	
Take People Shopping	<input type="checkbox"/>	<input type="checkbox"/>	
Menu Creation	<input type="checkbox"/>	<input type="checkbox"/>	
Private Detox Program	<input type="checkbox"/>	<input type="checkbox"/>	
Food Prep and Catering	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	



Group Services	Already Doing	Would Like to Do	Notes
Group Coaching LIVE	<input type="checkbox"/>	<input type="checkbox"/>	
Group Coaching Online	<input type="checkbox"/>	<input type="checkbox"/>	
Teleseminar programs	<input type="checkbox"/>	<input type="checkbox"/>	
Workshops – Live	<input type="checkbox"/>	<input type="checkbox"/>	
Retreats – Live	<input type="checkbox"/>	<input type="checkbox"/>	
Classes	<input type="checkbox"/>	<input type="checkbox"/>	
Food Preparation Classes	<input type="checkbox"/>	<input type="checkbox"/>	
Supermarket Tours	<input type="checkbox"/>	<input type="checkbox"/>	
Membership Site	<input type="checkbox"/>	<input type="checkbox"/>	
Educational Parties	<input type="checkbox"/>	<input type="checkbox"/>	
Corporate Wellness Programs	<input type="checkbox"/>	<input type="checkbox"/>	
Fitness Classes	<input type="checkbox"/>	<input type="checkbox"/>	
Classes in Schools	<input type="checkbox"/>	<input type="checkbox"/>	
Boot Camps	<input type="checkbox"/>	<input type="checkbox"/>	
Weekend Courses and Workshops	<input type="checkbox"/>	<input type="checkbox"/>	
Livestream Events	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
Digital Products	Already Doing	Would Like to Do	Notes
E-books	<input type="checkbox"/>	<input type="checkbox"/>	
Special Reports	<input type="checkbox"/>	<input type="checkbox"/>	
Recipe Collections	<input type="checkbox"/>	<input type="checkbox"/>	
Audio Programs	<input type="checkbox"/>	<input type="checkbox"/>	
Video Programs	<input type="checkbox"/>	<input type="checkbox"/>	
Newsletter – Digital	<input type="checkbox"/>	<input type="checkbox"/>	
Recipe Demo Videos	<input type="checkbox"/>	<input type="checkbox"/>	
Exercise Demo Videos	<input type="checkbox"/>	<input type="checkbox"/>	
Telesummit	<input type="checkbox"/>	<input type="checkbox"/>	
Compilation Book	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	



Physical Products	Already Doing	Would Like to Do	Notes
Equipment	<input type="checkbox"/>	<input type="checkbox"/>	
Food – Others	<input type="checkbox"/>	<input type="checkbox"/>	
Food – Your Creations	<input type="checkbox"/>	<input type="checkbox"/>	
Supplements	<input type="checkbox"/>	<input type="checkbox"/>	
Books	<input type="checkbox"/>	<input type="checkbox"/>	
CDs – Recorded Teleclasses	<input type="checkbox"/>	<input type="checkbox"/>	
DVDs – Recorded Webinars	<input type="checkbox"/>	<input type="checkbox"/>	
CDs	<input type="checkbox"/>	<input type="checkbox"/>	
DVDs	<input type="checkbox"/>	<input type="checkbox"/>	
Custom Bars	<input type="checkbox"/>	<input type="checkbox"/>	
Kits	<input type="checkbox"/>	<input type="checkbox"/>	
Newsletter – Physical	<input type="checkbox"/>	<input type="checkbox"/>	
Apps	<input type="checkbox"/>	<input type="checkbox"/>	
Recipe Kits	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
Passive Revenue	Already Doing	Would Like to Do	Notes
Affiliate Commissions	<input type="checkbox"/>	<input type="checkbox"/>	
Pay Per View	<input type="checkbox"/>	<input type="checkbox"/>	
Subscriptions	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
Other	Already Doing	Would Like to Do	Notes
Stage/Convention Speaker	<input type="checkbox"/>	<input type="checkbox"/>	
TV Shows	<input type="checkbox"/>	<input type="checkbox"/>	
Radio Shows	<input type="checkbox"/>	<input type="checkbox"/>	
Licensing Products	<input type="checkbox"/>	<input type="checkbox"/>	
Ad Space on Website	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	