



# MY LIST OF 100

Having a good contact list is critical to your success with Tupperware, so grab a pencil and get to work! Use each of the categories below to write down your future guests and team members. Write down the names of all your friends who already know (and love) the Tupperware solutions to enjoy an easier, organized and healthy life. And don't forget to take note of those who don't know us (there won't be too many!). The categories are self-explanatory, but if you want good advice, the parents of your children's friends are an excellent option. If in doubt, your Director or Manager will be delighted to help you.



**FRIENDS:** Add all your friends to the list.

	NAME	PHONE # / EMAIL	NOTES / RESULTS
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**ACQUAINTANCES & NEIGHBORS:** People you know well and not so well.

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**RELATIVES:** Include your immediate and extended family.

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**WORK/JOB:** List people from places you've worked.

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**ACTIVITIES:** List people from all organizations you've been in.

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