

JOB & RAISE TRACKER

Track work-from-home applications or prep your case for a raise, all on one page

NAME _____

MONTH _____

Log every application and follow-up so nothing slips — or build the case for the raise you've earned.

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APPLICATION TRACKER

COMPANY	ROLE	PAY	APPLIED	FOLLOW-UP	STATUS
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____
_____	_____	\$ _____	_____	_____	_____

RAISE-REQUEST PREP

MY WINS & RESULTS THIS YEAR

MARKET RATE FOR MY ROLE

THE NUMBER I'M ASKING FOR

INTERVIEW & CONTACT NOTES

NEXT-STEPS CHECKLIST

- | | |
|--|--|
| ☐ Update résumé | ☐ Refresh LinkedIn profile |
| ☐ Send follow-up emails | ☐ Practice interview answers |
| ☐ Ask for references | ☐ Schedule raise conversation |
| ☐ _____ | ☐ _____ |

"Know your worth, then add tax. Every follow-up and every ask moves you forward."