

## 4Q | 1 Life Scorecard - Self Check

**Student Athlete Scorecard**

Use after practice, games, and school to turn sacrifices into legacy. Score each question 1-5, then total each section and overall.

Name: _____	Date: _____	Team/School: _____
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**Faith (identity & pressure)**

In pressure moments this week, did I respond with trust, humility, and courage? 1 2 3 4 5  
Score: \_\_\_\_

Did I compete with integrity (effort, attitude, honesty) even when no one was watching? 1 2 3 4 5  
Score: \_\_\_\_

Did I use wins and losses to grow without pride in success or shame in failure? 1 2 3 4 5  
Score: \_\_\_\_

Did my words (locker room, class, online) represent Christ well? 1 2 3 4 5  
Score: \_\_\_\_

**Family (support & alignment)**

Did I show gratitude to family/supporters for the sacrifices they make for my journey? 1 2 3 4 5  
Score: \_\_\_\_

Did I communicate respectfully after games/practices (especially when emotions were high)? 1 2 3 4 5  
Score: \_\_\_\_

Did I keep my priorities balanced (home responsibilities + team + school)? 1 2 3 4 5  
Score: \_\_\_\_

Did I ask for help when I needed it instead of isolating? 1 2 3 4 5  
Score: \_\_\_\_

**Finish (habits & teamwork)**

Did I honor the sacrifice of preparation (sleep, nutrition, film/study, reps)? 1 2 3 4 5  
Score: \_\_\_\_

Was I coachable, responding to correction with a teachable attitude? 1 2 3 4 5  
Score: \_\_\_\_

Did I serve team unity (encourage teammates, handle roles, avoid drama)? 1 2 3 4 5  
Score: \_\_\_\_

Did I bounce back from mistakes quickly and return to discipline? 1 2 3 4 5  
Score: \_\_\_\_

**Legacy (achievement & aspirations)**

What did I learn about myself through this week's pressure and competition? 1 2 3 4 5  
Score: \_\_\_\_

Where am I developing most right now (skill, mindset, leadership, academics, faith)? 1 2 3 4 5  
Score: \_\_\_\_

What is my current level of achievement, and what is the next standard I'm chasing? 1 2 3 4 5  
Score: \_\_\_\_

What step will I take this week toward my future (college/career/calling)? 1 2 3 4 5  
Score: \_\_\_\_

**Section Totals**

Faith: ____	Family: ____	Finish: ____	Legacy: ____
Overall (max 80): ____			Overall average: ____

**This Week - Put It Into Action**

One sacrifice I will embrace in preparation (habit)

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One teammate/coach I will honor and encourage

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One classroom focus I will improve (grade/behavior/study)

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One pressure-trigger I will handle differently with faith

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One goal I will pursue toward my future aspiration

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How the score is returned: The client totals each section and overall, then brings it to the next session or submits a photo/PDF by email or upload (your process).