

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)

One teammate/coach I will honor and encourage

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

One pressure-trigger I will handle differently with faith

One goal I will pursue toward my future aspiration

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).