

4Q | 1 Life Scorecard - Self Check

Coach / Staff Scorecard

Weekly check to shape culture through preparation sacrifices, pressure moments, teamwork, and classroom standards. Score each question 1-5, then total each section and overall.

Name: _____ Date: _____ Team/School: _____

Faith (character under pressure)

Did I lead with integrity and humility even when results or emotions were high? Score: _____

Did I reinforce identity/purpose beyond performance (especially after wins/losses)? 1 2 3 4 5
Score: _____

Did I handle conflict and discipline with truth + grace (clear, fair, consistent)? 1 2 3 4 5
Score: _____

Did I create space for encouragement, prayer, or positive words that build up? 1 2 3 4 5
Score: _____

Family (culture & relationships)

Did I communicate expectations clearly to athletes and parents/guardians? 1 2 3 4 5
Score: _____

Did I protect unity (no favoritism, no gossip, clear role clarity)? 1 2 3 4 5
Score: _____

Did I intentionally develop assistants/staff and keep alignment? 1 2 3 4 5
Score:

Did I see the person behind the player (check-ins, care, support)? 1 2 3 4 5
Score: _____

Finish (standards & development)

Did I coach habits: effort, attitude, accountability, preparation, recovery? 1 2 3 4 5
 Score: _____

Did I correct behavior and technique without tearing down confidence? 1 2 3 4 5
 Score: _____

Did I connect practice sacrifices to game performance and long-term growth? 1 2 3 4 5
 Score: _____

Did I reinforce classroom standards (study hall, grades, responsibility)? 1 2 3 4 5
 Score: _____

Legacy (achievement & aspirations)

Did I help athletes process success/failure as learning, not identity? 1 2 3 4 5
 Score: _____

Did I teach leadership and resilience through pressure moments? 1 2 3 4 5
 Score: _____

Did I guide NIL/attention with values and guardrails where relevant? 1 2 3 4 5
 Score: _____

What one culture standard will I raise next week to help us finish well? 1 2 3 4 5
 Score: _____

Section Totals

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

This Week - Put It Into Action

One standard I will reinforce daily (effort/attitude/discipline)

One player I will develop intentionally (skill + character)

One classroom expectation I will strengthen (grades/study/accountability)

One culture habit I will model under pressure

One legacy-focused message I will repeat after wins/losses

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).