

4Q | 1 Life Scorecard - Self Check

Parent Scorecard

Weekly alignment check to support athletes through preparation sacrifices, wins/losses, classroom pressure, and future aspirations. Score each question 1-5, then total each section and overall.

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

Did I speak identity over my athlete (who they are) more than outcomes (what they do)? 1 2 3 4 5
Score: _____

Did I model calm trust in God during wins, losses, success, and setbacks? 1 2 3 4 5
Score: _____

Did I keep pressure off and purpose on, especially around scholarships/NIL/exposure? 1 2 3 4 5
Score: _____

Did I pray and invite God into our sport + school conversations this week? 1 2 3 4 5
Score: _____

Family (communication & connection)

Did I listen first after games/practices before coaching or correcting? 1 2 3 4 5
Score: _____

Did we keep our home safe for honest emotions without disrespect or shutdown? 1 2 3 4 5
Score: _____

Did I affirm the sacrifices of preparation (time, travel, rest, academics)? 1 2 3 4 5
Score: _____

Did I align expectations with coaches/staff respectfully (no sideline drama)? 1 2 3 4 5
Score: _____

Finish (habits & accountability)

Did I reinforce habits: sleep, nutrition, study, recovery, consistency? 1 2 3 4 5
 Score: _____

Did I celebrate effort, attitude, and growth (not just stats or playing time)? 1 2 3 4 5
 Score: _____

Did I help my athlete process failure as feedback instead of shame? 1 2 3 4 5
 Score: _____

Did I protect boundaries (schedule, phones/social, priorities) so we can finish strong? 1 2 3 4 5
 Score: _____

Legacy (aspirations & next steps)

Are we clear on the next goal (academics/athletics/faith/character) and the plan? 1 2 3 4 5
 Score: _____

Did we discuss pressures (comparison, social media, NIL) with wisdom and guardrails? 1 2 3 4 5
 Score: _____

Did I help connect today's choices to tomorrow's opportunities (college/career/calling)? 1 2 3 4 5
 Score: _____

Did I model the kind of legacy I want my athlete to build? 1 2 3 4 5
 Score: _____

Section Totals

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

This Week - Put It Into Action

One phrase I will speak (identity over performance)

One conversation we will have (pressure/wins-losses/classroom)

One boundary I will protect (schedule, rest, phones, priorities)

One way I will partner with coaches/staff with honor

One way our family will practice Faith • Family • Finish this week

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).