

# EveryChoiceMatters.org

## Weekly Life Scorecard

Rate yourself each day from 1–5 in the categories below. 1 = Needs Improvement, 3 = Good Effort, 5 = Excellent Choices. Use this sheet to build positive habits and reflect on your progress each week.

| Life Area                      | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total |
|--------------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| Education & Learning           |     |     |     |     |     |     |     |       |
| Health & Exercise              |     |     |     |     |     |     |     |       |
| Nutrition & Healthy Eating     |     |     |     |     |     |     |     |       |
| Family & Relationships         |     |     |     |     |     |     |     |       |
| Personal Responsibility        |     |     |     |     |     |     |     |       |
| Financial Wisdom               |     |     |     |     |     |     |     |       |
| Character & Values             |     |     |     |     |     |     |     |       |
| Avoiding Negative Choices      |     |     |     |     |     |     |     |       |
| Work / Career Goals            |     |     |     |     |     |     |     |       |
| Acts of Kindness & Service     |     |     |     |     |     |     |     |       |
| Overall Weekly Score           |     |     |     |     |     |     |     |       |
| Greatest Success This Week     |     |     |     |     |     |     |     |       |
| What Will I Improve Next Week? |     |     |     |     |     |     |     |       |

*Every positive choice you make today helps create a better tomorrow.*