

The 7-Discipline Practice Tracker & Scorecard

A Printable Audit Worksheet for Daily Alignment and Weekly Progress Evaluation

Discipline	Daily Habit & Action	Key Evaluation Standard	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Score (1-5)
1. Knowledge	Live by reasoning, not by emotional liking/disliking.	Objective clarity; distinguishing right from wrong.	☐	☐	☐	☐	☐	☐	☐	
2. Body	Clean nutrition, daily movement, 7-8 hours sleep.	Physical vitality, stamina, and smooth routine execution.	☐	☐	☐	☐	☐	☐	☐	
3. Mind	Anchor intellect in core moral values and virtues.	Emotional steadiness, inner calm, freedom from anxiety.	☐	☐	☐	☐	☐	☐	☐	
4. Wealth	Ethical earning, disciplined saving, honorable spending.	Financial security for basic needs, emergency & obligations.	☐	☐	☐	☐	☐	☐	☐	
5. Duties	Fulfill duties to self, family, job, and society.	Balanced harmony across all spheres of responsibility.	☐	☐	☐	☐	☐	☐	☐	
6. Purpose	Direct daily actions outwardly to create positive impact.	Impacting others positively; reforming negativity into service.	☐	☐	☐	☐	☐	☐	☐	
7. Spirit	Practice silent meditation to transcend physical ego.	Unconditional compassion, profound peace, and unity.	☐	☐	☐	☐	☐	☐	☐	

WEEKLY HANDWRITTEN REFLECTION NOTES

Week Of: _____

Overall Weekly Score: _____ / 35

Key Realizations / Wins This Week:

One Habit Fix for Next Week:

INSTRUCTIONS FOR USE

1. **Print out** this sheet at the beginning of each week.
2. **Tick off** [✓] each discipline completed daily (Mon–Sun).
3. At the end of the week, assign a score from 1 to 5 for each discipline.
4. Write down your key realization and one habit fix to continuously refine your life.