



AimUp Performance Scorecard Daily Discipline Tracker

McCann Sports | Teddy McCann

Track your progress in 60 seconds every evening.

Use the 0–5 scale with ruthless honesty:

0 = Missed

1 = Bare minimum

2 = Average

3 = Solid

4 = Strong

5 = Eminently Qualified Performer (no excuses – full ownership)

1. Movement Execution ___/5

Did I complete my home routine + sport-specific drills with full effort today?

2. Recovery Optimization ___/5

Did I control sleep (7+ hrs), hydration, nutrition, and pain management like a pro?

3. Mental Focus ___/5

Did I stay locked in with full presence and quick resets when needed?

4. Performance Ownership ___/5

Did I take one proactive step today? (logged data, requested add-on, or shared progress)

Daily Total ___/20

Weekly Total ___/100.

Performer Level 80+ /100 = Eminently Qualified

Performer Bring this scorecard to every session for review and adjustments

Your Grand Slam Path:

ANNUAL \$24997 AimUp Grand Slam Vault (Founding Member)

Monthly \$2497

Ask about our Corporate Wellness Programs

➔ Text "GRAND SLAM" to 612-424-9858 or scan QR for Discovery Call.

