



## 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 Simple Path·

Start: \$389 First Protocol | Sustain: \$499 Monthly Massage Program

Commit: \$5,388 Annual Steward Pack ➔ Text "START" to 612-424-9858 or scan QR to book.

