

BODY MIND WALLET SCORECARD

A practical self-audit for men ready to lead their body, govern their mind, and grow their wallet in the AI age.

- **Score your current standard**
- **Identify your biggest leaks**
- **Choose one weekly action that moves money, health, or leadership forward**

Your score is not a judgment.

It is a map. Tell the truth, then move like a man with people depending on him.

Body disciplined. Mind aware. Wallet growing.

BODY SCORE

Energy, strength, discipline, and the physical capacity to carry responsibility.

Score each item 1-5

1. Energy

I have enough daily energy to lead, work, train, and be present.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

2. Strength

I train consistently and build practical strength.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

3. Mobility

I protect my joints, posture, flexibility, and movement quality.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

4. Food Discipline

My eating supports my goals instead of sabotaging them.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

5. Sleep / Recovery

I recover well enough to perform without running on fumes.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

BODY TOTAL: _____ / 25

Circle your lowest score. That is the leak you attack first this week.

MIND SCORE

Self-awareness, emotional control, focus, and leadership from the inside out.

Score each item 1-5

1. Clarity

I know what season I am in and what standard governs my life now.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

2. Emotional Control

I respond with discipline instead of reacting from ego or fear.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

3. Focus

I can stay locked on priority work without constant distraction.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

4. Leadership

My words, habits, and decisions make people around me steadier.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

5. Self-Awareness

I can identify patterns, triggers, excuses, and weak loops honestly.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5

MIND TOTAL: _____ / 25

Circle your lowest score. That is the leak you attack first this week.

WALLET SCORE

Income, ownership, AI leverage, money discipline, and weekly cash-producing action.

Score each item 1-5

1. Income Action

I take weekly action that can create revenue, clients, sales, or opportunity.

1 2 3 4 5

2. Money Leaks

I know where money is leaking and I am actively tightening the system.

1 2 3 4 5

3. AI Leverage

I use AI to save time, create content, improve work, or build business assets.

1 2 3 4 5

4. Ownership

I am building assets, skills, systems, products, or offers that I control.

1 2 3 4 5

5. Weekly Plan

I know the top wallet move for this week and I execute it.

1 2 3 4 5

WALLET TOTAL: _____ / 25

Circle your lowest score. That is the leak you attack first this week.

FINAL SCORE + WEEKLY ACTION

BODY TOTAL: _____ / 25

MIND TOTAL: _____ / 25

WALLET TOTAL: _____ / 25

OVERALL SCORE: _____ / 75

Score Meaning



0-35 Red Zone

You are leaking energy, focus, or money. Simplify and rebuild the basics.



36-55 Yellow Zone

You have foundation, but inconsistency is costing you. Tighten the weekly plan.



56-75 Green Zone

You have momentum. Now increase leverage, visibility, and revenue-producing action.

This Week, I Will:

One Body action: _____

One Mind action: _____

One Wallet action: _____

Next Step

Bring this scorecard into the 90-Day Executive Daddy Reset. We turn the score into a plan, the plan into daily execution, and execution into leadership, cashflow, and freedom.