



DAILY ACCOUNTABILITY

Daily Execution Scorecard

Measure the behaviors that create momentum. Record the work, expose the excuses, and earn your score.

THE
STANDARD

Evidence over intention. If it is not completed, it does not count.

TODAY'S EXECUTION SHEET

Date / start time

One non-negotiable outcome

First physical action

Distraction removed

EXECUTION CHECK

DONE

Started before consuming content

[]

Protected one focused block

[]

Finished the non-negotiable

[]

Prepared tomorrow's first move

[]

Daily score (1-5) and evidence

No-excuse review: What did I avoid?

Tomorrow's first move