

The 4 Standards Score Card

Multiplier

MONTH:

Find instructions at [UofLIFE.com/standards](https://www.uofliffe.com/standards)

GOALS:	X	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
<i>Daily Score</i>																																

NOTES: [jot down additional goal details, inspirational quotes, and observations below]