

Mindstrength 30 Scorecard

	Morning Score	Evening Score	Day Total
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Phase I Total	XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX	

	Morning Score	Evening Score	Day Total
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Phase II Total	XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX	

	Morning Score	Evening Score	Day Total
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Phase III Total	XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX	

	Morning Score	Evening Score	Day Total
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			
Phase IIII Total	XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX	
Challenge Total	XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX	