

# Gaining The Edge Benchmark ScoreCard

Health/Energy	Actual	Goal by
Weight		
Blood Pressure		
Cholesterol Level		
Triglyceride Level		
Standing Heart Rate		
Workouts per month		
Exercise together		

Finances	Actual	Goal by
Income per month		
Savings per month		
Debt Reduction		
College savings		
Emergency fund		
Budget		
Donations		

Family/Community	Actual	Goal by
Dinner together wkly		
Date nights		
Getaways/Vacations		
Reading with kids		
Playing with kids		
Charity work		
Special Activities		

Fun/Friends/Rec. Experiences	Actual	Goal by
Meals with friends		
Concerts/plays/events		
Movies		
Rec. events		
Sports		
Hikes/picnics		

Faith/Personal Growth	Actual	Goal by
Reading the Word		
Non-fiction Books		
Time listening to tapes		
Attending place of worship		
Attending seminars		
Deliberate practice at...		

**Keeping score is fun!** Email me at [Chip@GetSwitchedOn.com](mailto:Chip@GetSwitchedOn.com) to receive this template in a Word document so you can customize it any way you wish.