

Weekly Focus Scorecard Template

Track your focus across Time, Energy, and Execution each day this week. At the end of the week, reflect on your totals and identify patterns that affect your productivity.

Day	Time Focus (1–5)	Energy Focus (1–5)	Execution Focus (1–5)	Daily Notes / Distractions
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Weekly Totals:

Time Focus Total: _____ | Energy Focus Total: _____ | Execution Focus Total: _____

What patterns did you notice?

What will you adjust next week to improve your focus?
