Saintball Scorecard - Beginner
Week of _____

	Valuable Time			Behavior (Good-Bad)		Saintball Score	
	Actual Hours (a)	Goal Hours (b)	Saint Points (c)	Net Score (d)	Saints Points (e)	Total Saint Points (f)	Letter Grade (g)
Mon							
Tue							
Wed							
Thurs							
Fri							
Sat							
Total							
Average							

Score Range Table	Saint Points
> 10	50
6 to 10	40
0 to 5	30
-1 to -5	20
-6 to -10	10
< -10	0

Saint Points Table	Letter Grade
91 to 100	A
81 to 90	B
71 to 80	C
61 to 70	D
51 to 60	E
50 or less	F

Instructions:

1. Enter a daily Goal for the number of hours you would like to be a valuable use of your time in column (b).
2. Track and enter the Actual hours you felt were a valuable use of your time each day in column (a).
3. Compute Valuable Time Saint Points by dividing Actual Hours (a) by Goal Hours (b) and multiplying the result by 50. Round to the nearest whole number. Enter the result in column (c).
4. Track your Behaviors, Good and Bad each day. Give yourself 1 positive point for each good thing you think, say or do, and 1 negative point for each bad. Use a notecard to keep track. Enter your daily total in the Net Score column (d). Note that if your bad behavior points exceed your good, the net number will be negative…hey, it happens.
5. Look up your Behavior Net Score in the Score Range Table and enter the cooresponding number of Saint Points in column (e).
6. Add the Valuable Time Saint Points (c) to the Behavior Saint Points (e) and enter in the Total Saint Points column (f) for each day.
7. Look up the Total Saint Points in the Saint Points Table and enter the corresponding Letter Grade for each day in column (g).
8. Compute the weekly Total and Average for both Valuable Time and Behavior, columns (c) and (e). The Total is the sum of the daily Saint Points. The Average is computed by dividing Total Saint Points by 6. Round up to the nearest whole number.
9. To compute Total Saint Points and a Letter Grade for the week, first add the Averages in columns (c) and (e) and enter in column (f). Look up your Total Saint Points in the table and enter the cooresponding Letter Grade in column (g).
10. Celebrate your score and plan to do even better next week!