

THE 7-DAY SHIFT SCORECARD



A simple way to notice and track the shifts
in your well-being and home environment.



Take a few moments each morning and evening to check in with yourself.
There is no right or wrong—just your experience.



MORNING CHECK-IN

Rate each item
from 1 (low)
to 10 (high)

DAY:

1

2

3

4

5

6

7

1	How rested do I feel?	1	2	3	4	5	6	7	8	9	10
2	How calm does my body feel?	1	2	3	4	5	6	7	8	9	10
3	How clear does my mind feel?	1	2	3	4	5	6	7	8	9	10
4	How does my home feel this morning?	1	2	3	4	5	6	7	8	9	10
5	How open/positive do I feel today?	1	2	3	4	5	6	7	8	9	10



EVENING CHECK-IN

Rate each item
from 1 (low)
to 10 (high)

DAY:

1

2

3

4

5

6

7

1	How was my energy today?	1	2	3	4	5	6	7	8	9	10
2	How was my mood today?	1	2	3	4	5	6	7	8	9	10
3	How stressed or reactive did I feel?	1	2	3	4	5	6	7	8	9	10
4	How peaceful did my home feel?	1	2	3	4	5	6	7	8	9	10
5	How were my interactions with others?	1	2	3	4	5	6	7	8	9	10



DAILY REFLECTION

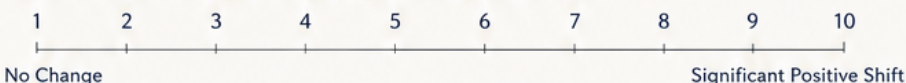
What did I notice today that felt
different, lighter, calmer, or easier?

7-DAY REVIEW

After 7 days,
which areas
improved most?

- ☐ Sleep
- ☐ Focus
- ☐ Overall Well-Being
- ☐ Mood
- ☐ Stress
- ☐ Other: _____
- ☐ Calm
- ☐ Home Atmosphere
- ☐ Relationships
- ☐ Energy

Overall, how would you describe your 7-day experience?



Thank you for giving yourself this time and space.

You deserve to feel at peace.



To your highest & best,
INSPIRED & FLFE

www.7dayshiftexperiment.com