TBT Scorecard
This scorecard can help you keep track of your progress as you implement the Tranquility by Tuesday rules in your life. Set a time each week to look through this scorecard and reflect on the previous week. How well did you follow each rule? "1" = less well; "5" = quite well. I’d love to hear how it goes!
You can send me any revelations at laura@lauravanderkam.com.

Give yourself a bedtime
Go to sleep at about the same time every night unless you have a good reason not to.
How did you do?  1  2  3  4  5

Plan on Fridays
Think through your weeks, holistically, before you’re in them.
How did you do?  1  2  3  4  5

Move by 3 PM
Do some form of physical activity for ten minutes in the first half of every day.
How did you do?  1  2  3  4  5

Three times a week is a habit
Things don’t have to happen daily to become a part of your identity, and “often” can be more doable than “always”.
How did you do?  1  2  3  4  5

Create a back-up slot
Make a resilient schedule where your priorities still happen, even when life doesn’t go as planned.
How did you do?  1  2  3  4  5

One big adventure, one little adventure
Each week, do at least two things that will be worth remembering.
How did you do?  1  2  3  4  5

Take one night for you
Commit to an activity you love that is separate from work and household responsibilities.
How did you do?  1  2  3  4  5

Batch the little things
Keep most of your schedule clear from unimportant tasks.
How did you do?  1  2  3  4  5

Effortful before effortless
Do active leisure activities before passive ones whenever time opens up.
How did you do?  1  2  3  4  5

Learn more at LauraVanderkam.com