



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
