

The
Badass
Rules

**Accountability
Scorecard**



Accountability Scorecard

You do not have to be perfect to get results, you just have to be consistent. The Accountability Scorecard will help you identify where you are/are not being consistent with the factors that lead to fat loss success!

From your Get Started Guide, I hope you are now all familiar with the 5 factors below, why they matter and where you should be aiming for each goal to achieve fat loss.

Calories

Protein

Workouts

Steps

Water

Each Sunday night you will set a weekly target for each factor.

You can use a piece of paper you write by hand, a note on your smart phone or the Instagram story template to keep track.

If you use a note on your phone or the Instagram template, you can use an emoji. If you use a pen and paper, use different colours for the    to show results clearly at a glance!



Accountability Scorecard

This is how you start, on a Sunday night, with just your personal goals set for the week ahead

Weekly Goals

Daily Steps: 10k

Water: 2 litres

Workouts: 5 workouts, 2 rest days

Calories: 1800 cals per day

Protein: 120g per day

Each night update with a   

Steps:

Water:

Workouts:

Calories:

Protein:



Daily Goal Achieve



Daily Goal Not Achieved



Planned Rest Day

These goals are just for example.

Set your own personal goals with the Get Started Guides

Accountability Scorecard

This is how your Scorecard will look at the end of the week.

With a tick, cross or star. If "unknown" add a 

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Each night update with a   

Steps:       

Water:       

Workouts:       

Calories:       

Protein:       

This will show you at a glance the areas you are consistently hitting your goals, areas you could focus on more and which days you are most likely to meet your goals. Find the areas of inconsistency, focus on making it more consistent, achieve your goals