THE MISSING 75%

The 4 Pillars Scorecard + 30-Day Tracker

Most players only train one pillar.

They lift. They get shots up. They grind.

But they skip the other three, and leave 75% of their development on the table.

This scorecard shows you exactly where your gaps are. The tracker helps you close them.

01	TRAINING & PHYSICAL DEVELOPMENT
02	NUTRITION & FUELING
03	RECOVERY & REGENERATION
04	MINDSET & MENTAL PERFORMANCE

Most players only train Pillar 01.

HOW IT WORKS

1 SCORE IT

Rate 20 quick statements, 5 per pillar. Takes about 5 minutes.

2 FIND YOUR GAP

Your lowest-scoring pillar becomes your focus. Just one.

3 TRACK IT

Pick 2 or 3 daily habits and check them off for 30 days. Print 3 tracker pages and you have your 90-day plan.

PLAYERS + PARENTS: DO THIS TOGETHER

The player scores themselves. The parent scores the player, separately. Then compare your answers. The gaps between your scores are where the best conversations happen.

THE SCORECARD

RATE EACH STATEMENT 1 TO 5

1 = Rarely or never 2 3 = Sometimes 4 5 = Almost always

Be honest. Nobody grades this but you.
Parents: score your player, not yourself.

01 TRAINING & PHYSICAL DEVELOPMENT

Your speed, strength, and power, plus your actual game.

		PLAYER	PARENT
1	I follow a structured strength and speed program, not just random workouts.		
2	My skill work has a plan. I know what I'm working on and why.		
3	I keep training consistently, even during the season.		
4	I warm up with purpose before practices, games, and lifts.		
5	I know my biggest physical and skill weaknesses, and I'm actively working on them.		
	PILLAR TOTAL	/25	/25

02 NUTRITION & FUELING

Eating to perform, not just to fill up.

		PLAYER	PARENT
1	I eat a real meal before school, practice, or training. I don't train on empty.		
2	Most of my meals include protein, carbs, and some healthy fats.		
3	I refuel with protein and carbs after hard workouts and games.		
4	I drink water throughout the day, not just at practice.		
5	Energy drinks, soda, and fast food are the exception, not the rule.		
	PILLAR TOTAL	/25	/25

THE SCORECARD

RATE EACH STATEMENT 1 TO 5

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03 RECOVERY & REGENERATION

Sleep first. Gadgets second.

		PLAYER	PARENT
1	I get at least 8 hours of sleep most nights.		
2	I go to bed and wake up at about the same time every day, weekends included.		
3	I put screens away 60 to 90 minutes before bed.		
4	My room is dark, cool, and quiet when I sleep.		
5	I avoid caffeine after 2 pm.		
	PILLAR TOTAL	/25	/25

04 MINDSET & MENTAL PERFORMANCE

The inner game that separates good from great.

		PLAYER	PARENT
1	I have clear goals for this season and know what I'm working toward.		
2	I bounce back quickly after a mistake. I'm on to the next play.		
3	My body language stays positive, even when things go wrong.		
4	I play with the same confidence in games that I have in practice.		
5	I talk to myself like a good teammate would, not like my worst critic.		
	PILLAR TOTAL	/25	/25

YOUR RESULTS

Copy your four pillar totals below. The player's lowest score is the focus pillar. It's their game, so their score decides.

PILLAR	PLAYER	PARENT	GAP
01 Training & Physical Development			
02 Nutrition & Fueling			
03 Recovery & Regeneration			
04 Mindset & Mental Performance			

Big gap between player and parent? Don't argue about who's right. Ask: "What are you seeing that I'm not?"

WHAT YOUR SCORE MEANS

21-25
STRENGTH
Keep doing what you're doing. Protect it.

15-20
SOLID BASE
Good habits, but some leaks. Room to grow.

5-14
MISSING PIECE
This is costing you on the court. Start here.

Tie for lowest? Pick the one you're most fired up to fix. Motivation beats perfection.

MY FOCUS PILLAR: _____

WHY IT MATTERS TO ME: _____

_____

For the next 90 days, I'm all-in on this pillar. Not perfect. Just consistent.

_____ PLAYER SIGNATURE

_____ PARENT SIGNATURE

STEP 3 | PICK YOUR HABITS

THE HABIT MENU

Go to your focus pillar. Check 2 or 3 habits you'll do every day, or write your own. Small and repeatable beats big and impressive.

THE RULE: IF YOU CAN'T DO IT ON YOUR WORST DAY, IT'S TOO BIG.

01 TRAINING & PHYSICAL

- ☐ Complete my scheduled training session (or planned rest/recovery day)
- ☐ 15+ minutes of focused skill work with a plan
- ☐ 10-minute warm-up or mobility routine
- ☐ Write down one thing I improved today
- ☐ 10 minutes on my #1 weakness
- ☐ My own: _____

02 NUTRITION & FUELING

- ☐ Eat a real breakfast
- ☐ Protein at every meal
- ☐ Hit my water target (half my bodyweight in oz)
- ☐ Refuel with protein + carbs after training
- ☐ Fruit or veggies at 2+ meals
- ☐ My own: _____

03 RECOVERY & REGENERATION

- ☐ In bed by a set time: _____
- ☐ Screens off 60 minutes before bed
- ☐ No caffeine after 2 pm
- ☐ 5 minutes of breathing or stretching before bed
- ☐ Same wake-up time every day
- ☐ My own: _____

04 MINDSET & MENTAL

- ☐ Set one goal before practice or training
- ☐ 3 minutes of visualization: see yourself succeed
- ☐ Write one win and one lesson from today
- ☐ Use a reset routine after mistakes (breath + cue word)
- ☐ Positive body language for a full practice
- ☐ My own: _____

STEP 3 | CHECK IT OFF

30-DAY TRACKER

ROUND ____ OF 3

FOCUS PILLAR _____

START DATE _____

Check a box every day you complete the habit. Miss a day? No big deal. Never miss two in a row.

DAYS 1-15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
HABIT 1 _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
HABIT 2 _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
HABIT 3 _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

DAYS 16-30	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
HABIT 1 _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
HABIT 2 _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
HABIT 3 _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

WEEKLY CHECK-IN

Player + parent: 5 minutes, once a week. Talk it out.

WEEK 1

Days done: ____ / 7

What went well? _____

What got in the way? _____

One adjustment: _____

WEEK 2

Days done: ____ / 7

What went well? _____

What got in the way? _____

One adjustment: _____

WEEK 3

Days done: ____ / 7

What went well? _____

What got in the way? _____

One adjustment: _____

WEEK 4

Days done: ____ / 7

What went well? _____

What got in the way? _____

One adjustment: _____

WHAT'S NEXT

AFTER 30 DAYS

1 RETAKE THE SCORECARD

Score your focus pillar again, player and parent. Did the number move? If you stuck with it, it probably did. Small habits add up.

2 RUN IT BACK

Print a fresh tracker for Round 2. Keep the habits that stuck. Swap out the ones that didn't. Add one more only if the first ones feel automatic.

3 LOCK IT IN, THEN MOVE ON

By 90 days, most of these habits should start to feel automatic. That's when you pick your next lowest pillar and start again.

YOU DON'T NEED TO FIX EVERYTHING.
YOU NEED TO FIX ONE THING, AND STICK WITH IT.

That's how you find the missing 75%. One pillar at a time.

WANT TO GO DEEPER?

This scorecard shows you where to start. For more articles, podcasts, and tools on all 4 pillars, head over to the IFAST Basketball website.

VISIT IFAST BASKETBALL

This resource is for educational purposes and is not medical or nutrition advice. Talk with a doctor or registered dietitian before making major changes, especially if the athlete has a health condition, injury, or special dietary needs.