Grip–Posture–Swing: Financial Fundamentals Scorecard (Weekly Self-Review)

Category	Weekly Focus (What to Practice)	Score (1 = Needs work, 5 = Solid)	My Notes / Adjustments
Grip (Saving Habit)	Did I save a set % of my income this week?		
Posture (Spending Discipline)	Did I review/control my spending rhythm?		
Swing Path (Net Worth Tracking)	Did I check or update my net worth status?		