# The Ojas Scorecard and Tracker

## A Simple Guide to Scoring

THE OJAS SCORECARD is a self-assessment tool, not an exact science. You can jump straight to the scorecard and use your judgment to determine your scores, or use the scoring guide for **clearer targets** and a more **accurate and reflective** assessment of your progress.

Your score (0–10) for any habit is based on two factors: the **mastery level** of the habit and your **consistency** in maintaining that level. The tables on the following pages will help you easily identify your score for each habit.

### THE THREE LEVELS OF MASTERY

Your Ojas journey progresses through three tiers of achievement for each habit:

- **Catalyst** (Scores 1–3): You are introducing the core habit in small ways, e.g., 2–5-minute breaks.
- **Consolidator** (Scores 4–6): You are achieving a moderate quantitative goal, e.g., 10–15-minute breaks.

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book
*The Ojas Advantage.*
*https://mybook.to/TheOjasAdvantage*

- **Alchemist** (Scores 7–10): You are performing at or near the ideal level, e.g., 20–30-minute breaks.

### How to Use the Scoring Guides

1. **Find your level:** For each habit, look at the "Daily target" column to determine your current level. (Only move to a higher level if you consistently meet the target of the previous level for 5–7 days per week.)
2. **Determine your score:** Use the "Consistency" columns within that level to find your final score (e.g., if you hit the "Consolidator" target for 3–4 days per week, your score is 5).
3. **Record on the Ojas Scorecard** (located after these tables).

## Scoring Guides for Each Core Habit

### Nutrition Quantity

| | | Consistency (days per week) / Score | | |
|---|---|---|---|---|
| Level | **Daily target** | **1–2 Days** | **3–4 Days** | **5–7 Days** |
| Catalyst | 3 meals (no skipped meals) | **1** | **2** | **3** |
| Consolidator | 3 meals + 1 satiating snack | **4** | **5** | **6** |
| Alchemist | 3 light meals + 2 satiating snacks | **7** | **8** | **10** |

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book

*The Ojas Advantage.*

*https://mybook.to/TheOjasAdvantage*

## Nutrition Quality

| Level | Daily target | Consistency (days per week) / Score 1–2 Days | 3–4 Days | 5–7 Days |
|---|---|---|---|---|
| Catalyst | 1 unprocessed, balanced meal | **1** | **2** | **3** |
| Consolidator | 2 unprocessed, balanced meals | **4** | **5** | **6** |
| Alchemist | 3 unprocessed, balanced meals | **7** | **8** | **10** |

## Rest Breaks†

| | | 1–2 Days. | 3–4 Days | 5–7 Days‡ |
|---|---|---|---|---|
| Catalyst | 2–5-minute breaks (twice a day) | **1** | **2** | **3** |
| Consolidator | 10–15-minute breaks (twice a day) | **4** | **5** | **6** |
| Alchemist | 20–30-minute breaks (twice a day) | **7** | **8** | **10** |

†These are mid-morning and mid-afternoon rest breaks, assuming you already take a proper break for lunch. ‡Weekends—On non-workdays, these breaks improve your energy levels and moods, enabling a joyful social life.

## Exercise

| | | 1–2 Days. | 3–4 Days | 5–7 Days* |
|---|---|---|---|---|
| Catalyst | 2k steps or a 5–10-minute workout | **1** | **2** | **3** |
| Consolidator | 5–7k steps or a 10–15-minute workout | **4** | **5** | **6** |
| Alchemist | 10k steps or a 30-minute workout | **7** | **8** | **10** |

*Note: Ensure one full rest day per week (no workout; light walking is okay).

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book

*The Ojas Advantage.*

*https://mybook.to/TheOjasAdvantage*

## Sunlight/Daylight Exposure

| Level | Daily target | Consistency (days per week) / Score | | |
|---|---|---|---|---|
| | | **1–2 Days** | **3–4 Days** | **5–7 Days** |
| Catalyst | 30 minutes | **1** | **2** | **3** |
| Consolidator | 45 minutes | **4** | **5** | **6** |
| Alchemist | 1 hour + | **7** | **8** | **10** |

## Evening Routine

| | | 1–2 Days | 3–4 Days | 5–7 Days |
|---|---|---|---|---|
| Catalyst | Devices away 1 hour before bed | **1** | **2** | **3** |
| Consolidator | Devices away and only lighthearted TV or reading 1 hour before bed | **4** | **5** | **6** |
| Alchemist | Devices away and only lighthearted TV or reading 2 hours before bed | **7** | **8** | **10** |

## Morning Routine

| | | 1–2 Days | 3–4 Days | 5–7 Days |
|---|---|---|---|---|
| Catalyst | 2–5-minute stretching and breathing and no social media before 7 a.m. | **1** | **2** | **3** |
| Consolidator | 5–10-minute stretching and breathing and no social media before 8 a.m. | **4** | **5** | **6** |
| Alchemist | 10–15-minute stretching and breathing and no social media before 9 a.m. | **7** | **8** | **10** |

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book

*The Ojas Advantage.*

*https://mybook.to/TheOjasAdvantage*

## Sleep

| Level | Daily target | Consistency (days per week) / Score | | |
|---|---|---|---|---|
| | | **1–2 Days** | **3–4 Days** | **5–7 Days** |
| Catalyst | 7 hours of sleep | **1** | **2** | **3** |
| Consolidator | 8 hours of sleep | **4** | **5** | **6** |
| Alchemist | 8 hours of uninterrupted quality sleep | **7** | **8** | **10** |

## Work Hours

| | | 1–2 Days | 3–4 Days | 5–7 Days* |
|---|---|---|---|---|
| Catalyst | Capped at 10 hours | **1** | **2** | **3** |
| Consolidator | Capped at 9 hours | **4** | **5** | **6** |
| Alchemist | Capped at 8 hours | **7** | **8** | **10** |

*Note: This scoring assumes at least one full non-workday per week. **Deduct 1 point if work is performed on all seven days.**

In countries where a six-day workweek is standard, score 9 for capping five workdays and score 10 for capping all six workdays at the Alchemist level.

## Social Contact and Me Time†

| | | 1–2 Days | 3–4 Days | 5–7 Days |
|---|---|---|---|---|
| Catalyst | 15 minutes social **or** 15 minutes me time | **1** | **2** | **3** |
| Consolidator | 15 minutes social **and** 15 minutes me time | **4** | **5** | **6** |
| Alchemist | 30 minutes social **and** 30 minutes me time | **7** | **8** | **10** |

†**Social Time:** *High-quality engagement* where you feel seen or heard (e.g., in-person gatherings, phone or video calls, or shared activities such as sports, gym, or hobbies. **Me Time:** *Intentional solitude* used for recharging (e.g., reading, meditation, solo walks, or creative hobbies).[56]

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book

*The Ojas Advantage.*

*https://mybook.to/TheOjasAdvantage*

## The Ojas Master Plan Cycle

- **Baseline (Week 0):** Start by using the scoring tables to assess all habits, then enter the scores in the Ojas Tracker (on the next page). Add them up for your starting **Total Ojas Score** out of 100. This is your baseline.
- **Improvement:** Follow the **One Week, One Habit** model. Focus on one small improvement in one habit while maintaining the progress from previous weeks. (Remember, nothing is stopping you from making other improvements if easily possible, but your focus is the habit of the week.)
- **Weekly scoring:** At the end of the week, revisit the score for your focused habit. Scan other habits as well: improvements often lead to *inadvertent gains* elsewhere (e.g., outdoor exercise may improve both sunlight exposure and sleep).
- **Time-bound progress:** Improvements are *time-bound*, not score-bound. After one week of focus, *move on to the next habit*, regardless of the size of the improvement in that week.

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book *The Ojas Advantage.*
https://mybook.to/TheOjasAdvantage

## Ojas Tracker: Your Path to All-Around Success

| | | | Score (0–10) | | | | |
|---|---|---|---|---|---|---|---|
| | 0 | 10 | Wk 0 | Wk 1 | Wk 2 | Wk 3 | Wk 4 |
| **Nutrition quantity** | Meals only (some skipped often) | Light meals and snacks | | | | | |
| **Nutrition quality** | Highly processed | Natural and balanced | | | | | |
| **Rest breaks** | Rare | Regular | | | | | |
| **Exercise** | Rarely | 30 mins or 10k steps (6 days per week) | | | | | |
| **Sunlight/ daylight exposure** | Less than 30 mins per day | 1 hour per day | | | | | |
| **Evening routine** | Junky—social media and emotionally intense TV (or content) | Calm and positive—lighthearted TV, reading or music before sleep | | | | | |
| **Morning routine** | No stretching or breathing; constant email or social media | Stretching and breathing every morning; no email or social media | | | | | |
| **Sleep** | Less than 7 hours | 7–8 hours | | | | | |
| **Work hours** | More than 10 hours per workday | 8 hours or less per workday | | | | | |
| **Social contact and Me Time** | Rare | Regular | | | | | |
| **TOTAL OJAS SCORE: /100** | | | | | | | |

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book

*The Ojas Advantage.*

*https://mybook.to/TheOjasAdvantage*

## Ojas Tracker: Your Path to All-Around Success

| | Score (0–10) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Wk 5 | Wk 6 | Wk 7 | Wk 8 | Wk 9 | Wk 10 | Wk 11 | Wk 12 | Wk 13 | Wk 14 | Wk 15 |
| Nutrition quantity | | | | | | | | | | | |
| Nutrition quality | | | | | | | | | | | |
| Rest breaks | | | | | | | | | | | |
| Exercise | | | | | | | | | | | |
| Sunlight/ daylight exposure | | | | | | | | | | | |
| Evening routine | | | | | | | | | | | |
| Morning routine | | | | | | | | | | | |
| Sleep | | | | | | | | | | | |
| Work hours | | | | | | | | | | | |
| Social contact and Me Time | | | | | | | | | | | |
| TOTAL OJAS SCORE: — 100 | | | | | | | | | | | |

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book

*The Ojas Advantage.*

*https://mybook.to/TheOjasAdvantage*

## Ojas Tracker: Your Path to All-Around Success

| | Score (0–10) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Wk 16 | Wk 17 | Wk 18 | Wk 19 | Wk 20 | Wk 21 | Wk 22 | Wk 23 | Wk 24 | Wk 25 | Wk 26 |
| Nutrition quantity | | | | | | | | | | | |
| Nutrition quality | | | | | | | | | | | |
| Rest breaks | | | | | | | | | | | |
| Exercise | | | | | | | | | | | |
| Sunlight/ daylight exposure | | | | | | | | | | | |
| Evening routine | | | | | | | | | | | |
| Morning routine | | | | | | | | | | | |
| Sleep | | | | | | | | | | | |
| Work hours | | | | | | | | | | | |
| Social contact and Me Time | | | | | | | | | | | |
| TOTAL OJAS SCORE: — 100 | | | | | | | | | | | |

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book

*The Ojas Advantage.*

*https://mybook.to/TheOjasAdvantage*

## Ojas Tracker: Your Path to All-Around Success

| | Score (0–10) | | | |
|---|---|---|---|---|
| | Wk 27 | Wk 28 | Wk 29 | Wk 30 |
| Nutrition quantity | | | | |
| Nutrition quality | | | | |
| Rest breaks | | | | |
| Exercise | | | | |
| Sunlight/ daylight exposure | | | | |
| Evening routine | | | | |
| Morning routine | | | | |
| Sleep | | | | |
| Work hours | | | | |
| Social contact and Me Time | | | | |
| TOTAL OJAS SCORE: — 100 | | | | |

© 2026 Arvind Rajput. All Rights Reserved. Excerpt from the book

*The Ojas Advantage.*

*https://mybook.to/TheOjasAdvantage*

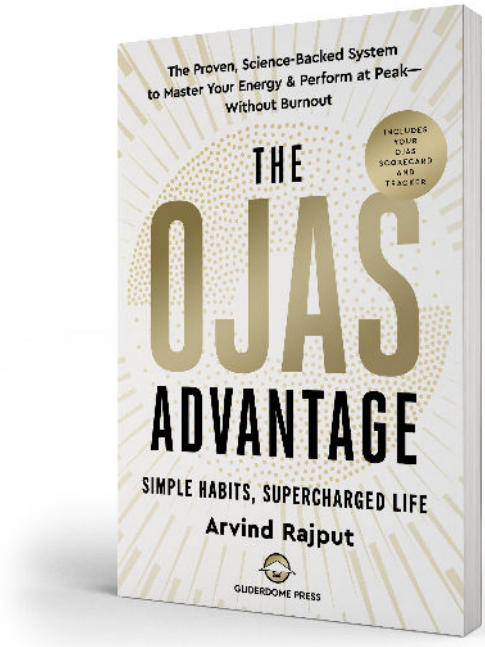
## ** Unlock the Full Power of Your Habits.**

This tracker provides the perfect structure to track your habit improvements. But tracking is only half the battle. To truly automate these routines, your mind needs to deeply understand the underlying science and value of these core habits. Inside ***The Ojas Advantage***, you'll discover how these 10 micro-habits are deeply interconnected, how they physically shield your brain from executive burnout, and how to leverage them for sustained career and personal success.

👇 Claim Your Copy of *The Ojas Advantage* Now.

With best wishes,
— Arvind Rajput

***https://mybook.to/TheOjasAdvantage***




**P.S. Your review on Amazon matters: If you've already bought and read the book, please help spread the word by leaving a review.**

**May your Ojas rise to fulfill all your goals.**