

Print this off, keep in a safe place as you will use this every day!							
Completed	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2: Level 2 for Full swing/ short game							
Main Focus: Short Game							
Maintenance: Full swing, impact, tempo							
Golf Course Practice							
Short game practice							
Short Game Test							
Full Swing Practice							
Dynamic Warm up routine							
Feet together drill (maintenance)							
Pitch shot with two tees							
10 balls with pitch shot swing							
15 shots with alignment stick under arches of feet							
10 drivers simulating fairway - score out of 10							
Putting Practice							
Completed 3 foot, 10 in a row drill, straight							
Used alignment sticks on short putts							
At Home Practice							
What I learned today worksheet							
Full Swing							
Orange whip for tempo							
3 sets of 20 swings							
Putting Practice							
Gate drill with books, 50 putts							
Alignment sticks down for feet and club 50 putts							
Short Game for Impact Drills							
Hit 30 shots with soft practice balls							
focused on set up and proper impact, slower speed							

Reading							
How Jason Day Practices							