

What I Learned Today

Name: _____ Day # _____ Date: _____

Every day is an opportunity to learn something about yourself and your game. What did you learn today about your...

Mental Game

1. How committed were you to each shot. Trust, attention to detail, etc..

Pre- Shot Routine

1. what percentage of shots did you do pre shot routine?
2. Was your pre shot routine effective? If not, how would you adjust the routine?

Post-Shot Routine/ Self-Talk

1. Did you gather feedback after each shot and re adjust
2. What was a common result?

Mechanics

1. Are you comfortable with what you are working on?
2. Is it improving?
3. What needs to be adjusted?

Body

1. How did it feel? Stiff, loose, strong?

Nutrition

1. How did your pre practice meal influence your body? Would you do it again?

Course

1. Mental Game Scorecard
2. What went well?
3. What needs to be worked on in your process?

Equipment

1. Is there any club that doesn't feel right?
2. What needs to be fixed/Changed?

Overall Quality of Practice