



Name : _____

Course : _____

Date : _____

Conditions : _____

Technical Statistics

Round _____

Score _____

Fairways

Accuracy = ____ / ____

Distance = ____ / ____

Greens

Greens in reg. = ____ / 18

Inside 20ft = ____ / 18

Greens past centre = ____

Greens short centre = ____

Putts

Number of feet of putts holed ft

Number of 3 putts:

Short Game

Chip saves = ____ / ____

Pitch saves = ____ / ____

Bunker saves = ____ / ____

Mental Statistics

Good Poor

Choices :

Commitment to choice :

Acceptance of outcome :

Q Swings

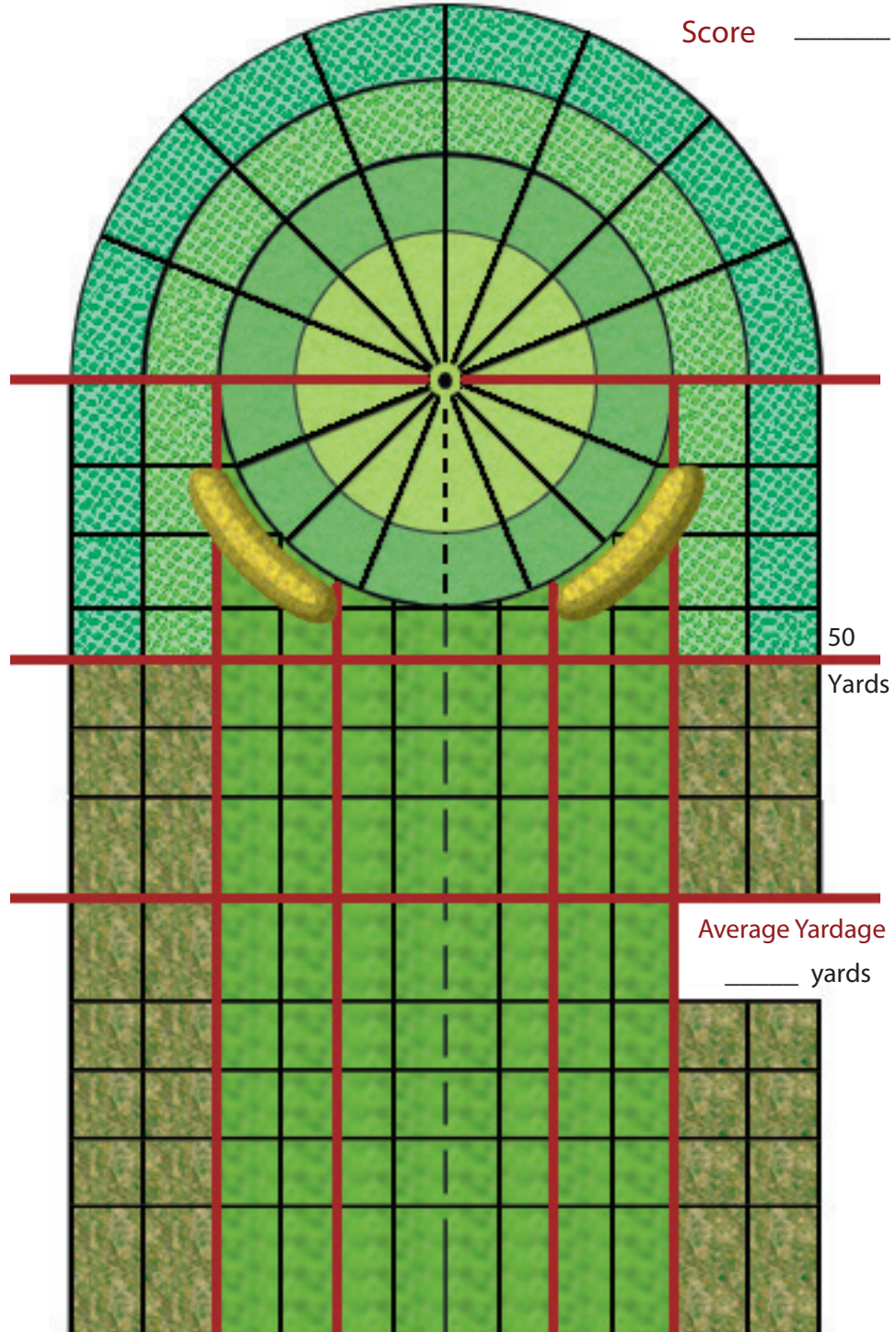
C Swings

Energy Levels

Good Poor

My energy levels today were:

Remember, after 10 rounds calculate your averages



50 Yards

Average Yardage _____ yards

Nutrition

Circle each shot where you have taken fluids or food.

-  Green
-  Green (20ft)
-  Chipping Area
-  Pitching Area
-  Fairway
-  Rough