

# ELITE GOLFER IMPROVEMENT SYSTEM – Daily Practice Log Sheet

Day: Monday		Date:		Practice Start Time:								Practice Finish Time:								Week:		
Green Zone			Yellow Zone					Orange Zone								Red Zone						
0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100 %		
Choose Your Weakest Strokes ✓	What's Your Club Choice?	What's Your Distance Range?	What's Your Target Radius or Diameter?	How Many Sets?	1 1 x 10	2 2 x 10	3 3 x 10	4 4 x 10	5 5 x 10	6 6 x 10	7 7 x 10	8 8 x 10	9 9 x 10	10 10 x 10	What's Your Result	What's Your % / Zone						
Short Putts	PUTTER																					
Long Putts																						
Extra Long Putts																						
Chip Shots																						
Pitch Shots																						
Bunker Shots																						
Lob Shots																						
Rough Shots																						
Bunker Buried																						
Short Wedge																						
Mid Wedge																						
Long Wedge																						
Short / Mid Iron																						
Long Iron / Hybrid																						
Hybrid / Driver																						
Total Stroke Volume: (																						
Ratio - Short Game Volume: (								/		% )												
Practice Notes:																						

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Day: Tuesday		Date:		Practice Start Time:								Practice Finish Time:								Week:		
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Total Stroke Volume: ( )	Ratio - Short Game Volume: ( / % )		Long Game Volume: ( / % )																			
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# ELITE GOLFER IMPROVEMENT SYSTEM – Daily Practice Log Sheet

Day: Wednesday		Date:		Practice Start Time:								Practice Finish Time:								Week:		
Green Zone			Yellow Zone					Orange Zone								Red Zone						
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Choose Your Weakest Strokes ✓	What's Your Club Choice?	What's Your Distance Range?	What's Your Target Radius or Diameter?	How Many Sets?	1 1 x 10	2 2 x 10	3 3 x 10	4 4 x 10	5 5 x 10	6 6 x 10	7 7 x 10	8 8 x 10	9 9 x 10	10 10 x 10	What's Your Result	What's Your % / Zone						
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Day: Thursday		Date:		Practice Start Time:					Practice Finish Time:					Week:						
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0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100 %
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Total Stroke Volume: ( )	Ratio - Short Game Volume: ( / % )				Long Game Volume: ( / % )															
Practice Notes:																				

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Day:	Friday	Date:		Practice Start Time:				Practice Finish Time:				Week:								
Green Zone			Yellow Zone				Orange Zone					Red Zone								
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Total Stroke Volume: (																				
) Ratio - Short Game Volume: (																				
) / % ) Long Game Volume: (																				

Practice Notes:

# ELITE GOLFER IMPROVEMENT SYSTEM – Daily Practice Log Sheet

Day:	Saturday	Date:	Practice Start Time:										Practice Finish Time:					Week:			
Green Zone			Yellow Zone						Orange Zone						Red Zone						
	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100 %
Choose Your Weakest Strokes ✓	What's Your Club Choice?	What's Your Distance Range?	What's Your Target Radius or Diameter?	How Many Sets?	1 1 x 10	2 2 x 10	3 3 x 10	4 4 x 10	5 5 x 10	6 6 x 10	7 7 x 10	8 8 x 10	9 9 x 10	10 10 x 10	What's Your Result	What's Your % / Zone					
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Total Stroke Volume: (																					
) Ratio - Short Game Volume: (																					
/     % ) Long Game Volume: (																					

Practice Notes:

# ELITE GOLFER IMPROVEMENT SYSTEM – Daily Practice Log Sheet

Day:	Sunday	Date:		Practice Start Time:				Practice Finish Time:				Week:								
Green Zone			Yellow Zone				Orange Zone					Red Zone								
0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100 %
Choose Your Weakest Strokes ✓	What's Your Club Choice?	What's Your Distance Range?	What's Your Target Radius or Diameter?	How Many Sets?	1 1 x 10	2 2 x 10	3 3 x 10	4 4 x 10	5 5 x 10	6 6 x 10	7 7 x 10	8 8 x 10	9 9 x 10	10 10 x 10	What's Your Result	What's Your % / Zone				
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