

# 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	2	3	4	5	6	7	8	9	10	What's Your Result	What's Your % / Zone
						1 x 10	2 x 10	3 x 10	4 x 10	5 x 10	6 x 10	7 x 10	8 x 10	9 x 10	10 x 10		
	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: ( / % ) Long Game Volume: ( / % )

Practice Notes:

# ELITE GOLFER IMPROVEMENT SYSTEM – Daily Practice Log Sheet

Day: Tuesday

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																				
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	Short / Mid Iron																				
	Long Iron / Hybrid																				
	Hybrid / Driver																				
Total Stroke Volume: (				) Ratio - Short Game Volume: (				/				% ) Long Game Volume: (				/				%)	

Practice Notes:

# 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

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	2	3	4	5	6	7	8	9	10	What's Your Result	What's Your % / Zone
						1 x 10	2 x 10	3 x 10	4 x 10	5 x 10	6 x 10	7 x 10	8 x 10	9 x 10	10 x 10		
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	Mid Wedge																
	Long Wedge																
	Short / Mid Iron																
	Long Iron / Hybrid																
	Hybrid / Driver																

Total Stroke Volume: ( ) Ratio - Short Game Volume: ( / % ) Long Game Volume: ( / % )

Practice Notes:

# ELITE GOLFER IMPROVEMENT SYSTEM – Daily Practice Log Sheet

Day: Thursday 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	2	3	4	5	6	7	8	9	10	What's Your Result	What's Your % / Zone
						1 x 10	2 x 10	3 x 10	4 x 10	5 x 10	6 x 10	7 x 10	8 x 10	9 x 10	10 x 10		
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	Hybrid / Driver																

Total Stroke Volume: ( ) Ratio - Short Game Volume: ( / % ) Long Game Volume: ( / % )

Practice Notes:

# ELITE GOLFER IMPROVEMENT SYSTEM – Daily Practice Log Sheet

Day: Friday 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	2	3	4	5	6	7	8	9	10	What's Your Result	What's Your % / Zone
						1 x 10	2 x 10	3 x 10	4 x 10	5 x 10	6 x 10	7 x 10	8 x 10	9 x 10	10 x 10		
	Short Putts	PUTTER															
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	Hybrid / Driver																

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	2	3	4	5	6	7	8	9	10	What's Your Result	What's Your % / Zone
						1 x 10	2 x 10	3 x 10	4 x 10	5 x 10	6 x 10	7 x 10	8 x 10	9 x 10	10 x 10		
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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	2	3	4	5	6	7	8	9	10	What's Your Result	What's Your % / Zone
						1 x 10	2 x 10	3 x 10	4 x 10	5 x 10	6 x 10	7 x 10	8 x 10	9 x 10	10 x 10		
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