

ELITE GOLFER IMPROVEMENT SYSTEM – WEEKLY PRACTICE SUMMARY SHEET

RANK	PRACTICE WEEKS	1 st Assess Results %	Week 1	Week 2	Week 3	Week 4	4 Week Targets +/- 2%	Week 5	Week 6	Week 7	Week 8	8 Week Targets +/- 2%	Week 9	Week 10	Week 11	Week 12	12 Week Targets +/- 2%
	PRACTICE SCHEDULE		Practice Your Weakest – Most Important Golf Skills			Week 4 Assess' Results %		Practice Your Weakest – Most Important Golf Skills			Week 8 Assess' Results %		Practice Your Weakest – Most Important Golf Skills			Week 12 Assess' Results %	
	Short Putts																
	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 / Drive																