

Figure 1.4B: Golf Skills Time Log

| | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Goal Mins | Total Mins |
|------------------------------|---|-------|-------|-------|-------|-------|-------|-------|-----------|------------|
| Set-up | Mirror/Grip/Takeaway /Aim/Set-up/Drills | | | | | | | | | |
| Putting | Short | | | | | | | | | |
| | Long | | | | | | | | | |
| | Reading/Aim | | | | | | | | | |
| Green -side Skills | Chip shots | | | | | | | | | |
| | Pitch shots | | | | | | | | | |
| | Bunker shots | | | | | | | | | |
| Trouble Shots | Lob shot/uneven lies/trajectory | | | | | | | | | |
| | Rough shots | | | | | | | | | |
| | Buried bunker | | | | | | | | | |
| Approach Wedge Skills | Short wedge ¼, ½, ¾+ | | | | | | | | | |
| | Mid wedge ¼, ½, ¾+ | | | | | | | | | |
| | Long wedge ¼, ½, ¾+ | | | | | | | | | |
| Long Game Skills | Short/Mid Irons ¼, ½, ¾, Full | | | | | | | | | |
| | Mid/Long irons | | | | | | | | | |
| | Hybrids/Fwy Woods | | | | | | | | | |
| | Driver | | | | | | | | | |
| Course Mgmt | On-course practice (number of holes) | | | | | | | | | |
| | Course strategy* | | | | | | | | | |
| | Golf course attitude* | | | | | | | | | |
| | Breathing* | | | | | | | | | |
| Mental | Reading/Video | | | | | | | | | |
| | Meditation | | | | | | | | | |
| Physical | Stretching/Yoga | | | | | | | | | |
| | Strength training | | | | | | | | | |
| | Aerobic exercise | | | | | | | | | |
| | Hours Per Day | | | | | | | | | |
| Total Hours Per Week | | | | | | | | | | |

*Place an X to indicate that you practiced these tactics during on-course practice.