



GPIA Personal Golf Reflection ©

Student Name: _____ Date: _____

Previous Overall Score: _____ Average 18-Hole Score: _____

Ability Levels:	0.0 - 1.9	2.0 - 2.9	3.0 - 3.9	4
(scoring average)	>90	89-80	79-70	< 70

Full Swing (FS)

	<u>Score</u>
Pre-shot Routine.....	_____
Grip.....	_____
Alignment.....	_____
Ball Position.....	_____
Posture.....	_____
Start of Swing.....	_____
Weight Shift.....	_____
Half Way Back.....	_____
Top of Backswing.....	_____
Transition.....	_____
Down Swing Path.....	_____
Impact Position.....	_____
Extension Post Impact.....	_____
Complete Finish.....	_____
Balance.....	_____
Tempo/Rhythm.....	_____

FS Total _____ divided by 16 = _____

Short Game (SG)

	<u>Score</u>
Pressure Putts from Inside of 5 Feet.....	_____
Putting Swing Path.....	_____
Right to Left Putting.....	_____
Left to Right Putting.....	_____
Distance Control on Putts.....	_____
Ability to Read Greens.....	_____
Short Chipping.....	_____
Long Chipping.....	_____
Pitching (Inside 50 yards).....	_____
Wedge Play (50-120 yards).....	_____
Distance Control.....	_____
Bunker.....	_____
Lob Shots.....	_____
Specialty Short Game Shots.....	_____

SG Total _____ divided by 14 = _____

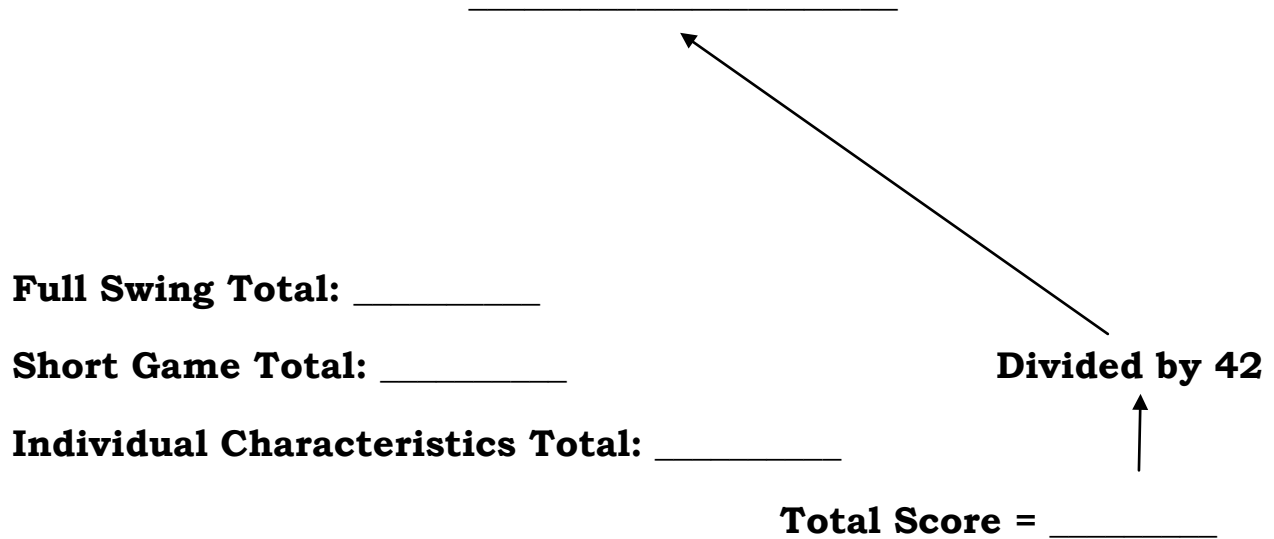
Individual Characteristics (IC)

	<u>Score</u>
Workability.....	_____
Mental Toughness.....	_____
Athleticism.....	_____
Attitude.....	_____
Work Ethic.....	_____
Creativity.....	_____
Temperament.....	_____
Patience.....	_____
Course Management.....	_____
Physical Fitness.....	_____
Golf Equipment.....	_____
Confidence.....	_____

IC Total_____ divided by 12 = _____

SCORING SUMMARY

Overall Personal Golf Reflection Score



What does your reflection show?

1. Full Swing

2. Short Game

3. Individual Characteristics

Overall Score _____ divided by 4.0 = your Personal Golf Reflection _____%

At this percentage, _____ out of _____ of your shots

will be considered GOOD to PHENOMENAL.

The goal is continuously raise this Percentage over time, PROGRESS!!!!