

## **30 EVALUATION – PROGRESS REPORT**

(submitted before release of session 4 of Phase 1)

Date received PHASE \_\_\_\_\_

Date completed first session (9 videos) \_\_\_\_\_

For 30 days, you have been participating in the most unique golf program philosophy available. The combination of swing philosophy, practice mentality and personal communication has provided you an opportunity to achieve goals that previously eluded you. Please answer the following questions, add any personal comments and send back to Brian. Based upon your answers, we may need to “tweak” your practice routines in order to accomplish longer term goals.

### **SHORT TERM GOALS: ACTION STEPS**

- Completed all three sessions of PHASE 1 within 15 days  
\_\_\_\_\_
- Recorded in journal or workbook on a regular basis  
\_\_\_\_\_
- Practiced at least 6 times at the driving range within the first 30 days \_\_\_\_\_
- Reviewed each video within each session at least 2x before going to next session \_\_\_\_\_
- Played at least 3 rounds of golf before 30 day evaluation form submitted \_\_\_\_\_
- Submitted this 30-day evaluation form to Brian, accompanied by detailed commentary. \_\_\_\_\_

**SHORT TERM GOALS: PROGRESS** (30 days) answer yes or no when appropriate

- Understand philosophy of SIMPLE MIND PHILOSOPHY of golf instruction
- Agree and find philosophy helpful to your swing
- Practice sessions included swing drills before each golf ball hit
- Practice sessions took at least 30 minutes for each 35 balls
- Practice sessions consisted of 50% slap shot drill for at least 2 buckets
- Practice sessions consisted of 75% drill of application for at least 2 buckets
- Took video of swing at beginning of lessons and after 30 days
- Improved quality of ball striking
- Improved consistency of ball striking
- Missed golf shots more “playable”
- Increased number of greens hit in regulation
- Best number of greens hit in regulation last 3 rounds
- Increased number of fairways hit with Driver
- Played at least 3 rounds                      Scores?  
Best score improved by                      stokes

Commentary on program, your improvement, your satisfaction, and what struggles you still have: