



Break 100 Process WorkSheet

Break 100- Stats to Track

| Statistic | Targets |
|-------------------------------------|---|
| Tee Shot Accuracy | <ul style="list-style-type: none"> -Minimising OB, Hazard, and Disruptions off the tee. -Mark down an 'X' on your stat sheet every time you have any of the above off the tee. -The goal here is to track how many trouble shots from the tee you have and the main reason for them. -We're then going to aim to reduce this number as low as possible. |
| Tee-Shot Playability | <ul style="list-style-type: none"> -Tee shots in play don't need to be on the fairway, but you do need to have a line to the green for your approach shot without any obstruction. -Mark an 'X' on the stat sheet every time this is achieved. |
| GIR | <p>Put an 'X' each time you find a green in regulation. Your GIR targets are below</p> <p>Hole Index 1-15 Par 3- 3 shots Par 4- Shots Par 5- 5 Shots</p> <p>Hole Index 16-18 Par 3- 2 Shots Par 4- 3 Shots Par 5- 4 Shots</p> |
| 50 Yard Accuracy | <ul style="list-style-type: none"> -Whenever you're within 50 yards of the green your target is to hit the green -Keep track of this by marking an 'X' on your stat sheet every time you accomplish it. |
| Bunker Accuracy | <ul style="list-style-type: none"> -Whenever you find yourself in a greenside bunker your target is to successfully get out in 1 shot -Mark an 'X' every time you accomplish this. |
| 3 Putt Frequency | <ul style="list-style-type: none"> -Our target is to minimise the number of 3 putts per round. -First, we need to find out how many we typically have. -Mark an 'X' each time you have 3 or more putts |
| Greenside Chipping Proximity | <ul style="list-style-type: none"> -Your target when faced with a greenside chip shot is to get the ball inside 15ft of the hole -Mark an 'X' every time you complete this |
| Pre-Shot Routine | <ul style="list-style-type: none"> -Mark an 'X' every time you successfully carried out your Pre-Shot Routine |
| Post Shot Routine | <ul style="list-style-type: none"> -Mark an 'X' every time you successfully accepted the outcome of the shot, identified how it could have been better and moved on without the emotion from the previous shot. |

10 Round Process Tracker

| Break 100 Process Tracker | R1 Date/ Totals | R2 | R3 | R4 | R5 |
|----------------------------------|----------------------------|-----------|-----------|-----------|-----------|
| Score | | | | | |
| Tee Shot Accuracy | | | | | |
| Tee Shot Playability | | | | | |
| GIR | | | | | |
| 50 Yard Prox. | | | | | |
| Bunker | | | | | |
| 3 Putts | | | | | |
| Chipping Prox. | | | | | |
| Total Putts | | | | | |
| Pre-Shot Routine | | | | | |
| Post Shot Routine | | | | | |

| Break 100 Process Tracker | R6 Date/ Totals | R7 | R8 | R9 | R10 |
|----------------------------------|----------------------------|-----------|-----------|-----------|------------|
| Score | | | | | |
| Tee Shot Accuracy | | | | | |
| Tee Shot Playability | | | | | |
| GIR | | | | | |
| 50 Yard Prox. | | | | | |
| Bunker | | | | | |
| 3 Putts | | | | | |
| Chipping Prox. | | | | | |
| Total Putts | | | | | |
| Pre-Shot Routine | | | | | |
| Post-Shot Routine | | | | | |