

A golfer in a black shirt and grey shorts is captured in the middle of a golf swing on a green mat. The background shows a golf course with trees and a clear blue sky. The text 'Break 90 Stats WorkSheet' is overlaid in large white font with a black drop shadow.

Break 90 Stats WorkSheet

Break 90- 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 to break 90 are below.</p> <p>Index 1-13 Par 3- 2 Shots Par 4- 3 Shots Par 5- 4 Shots</p> <p>Index 14-18 Par 3- 1 Shots Par 4- 2 Shots Par 5- 3 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 and within 30ft of the pin -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 and within 20ft of the pin. -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 12ft 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 90 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 90 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					