

Date		Tournament Casual					Golf Course	
Hole	Shot 1	2	3	4	5	6	Total Shots Rated	
1	4	8	5	7			4	
2	6	7	8	9	7		5	
3	5	9	6				3	
4	6	7	8	9	7		5	
5	5	9	6	7			4	
6	6	7	8	9	7		5	
7	5	9	6				3	
8	3	5	7	5	2	8	6	
9	8	6	4	7	8		5	
10	6	5	8	7			4	
11	9	7	8	8	6	7	6	
12	2	8	9				3	
13	4	8	5	7			4	
14	6	7	8	9	7		5	
15	5	9	6				3	
16	3	5	7	5	2		5	
17	8	6	4	7	8		5	
18	6	7	8	9			4	
Total Scores	97	129	121	105	54	15	521	79
Grade	6.6							

Formula - Grade = Total Shots/Your Total Score

FEEDBACK	
Low Scores	<i>What was generally the reason for the low rating?</i>
<p>When I didnt take my time in the pre shot routine to focus on my breathing, i was more hesitant over the shot. I need to start focusing on my breathing before I arrive at the shot, so that I have more clarity in my decision making and there is less tension/anxiety. It also allows me to focus on my simple swing thought, which is smooth transition at the top of the swing.</p>	
High Scores	<i>What was generally the reason for the high rating?</i>
<p>Opposite to the my low scores, I had more time to get my breathing routine going, which created a calm mind and more clarity in my shot decision process. My tempo felt much smoother and my mind was not cluttered with different swing thoughts.</p>	
<i>How could you improve on the low scores?</i>	
<p>Paying attention to how I spend my time between shots. Once I complete a previous shot, start mentally preparing for the next shot, step one is calming the mind through my breathing routine. During practice on the range, I will practice my pre shot routine more, using the mental game score card. I will also practice my "post shot routine", to allow me to have closure after each shot and can place my attention solely on the next shot. At home, I need to do the Breath 2 Relax exercise so when I incorporate the breathing into my preshot routine, it creates more comfort in my body and mind.</p>	