



Your Driver Speed	
Before	
After	
Total Gain	

LEVEL 1				
POSITION	LIGHT	MEDIUM	HEAVY	
1	NORMAL	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
2	STEP-CHANGE	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
3	NORMAL	3 DOMINANT		

Record the you fastest standing swing with each club on your dominant and non dominant side.

Week	Max Green	Max Blue	Max Red
WEEK 1 SESSION 1			
WEEK 1 SESSION 2			
WEEK 1 SESSION 3			
WEEK 2 SESSION 1			
WEEK 2 SESSION 2			
WEEK 2 SESSION 3			
WEEK 3 SESSION 1			
WEEK 3 SESSION 2			
WEEK 3 SESSION 3			
WEEK 4 SESSION 1			
WEEK 4 SESSION 2			
WEEK 4 SESSION 3			
WEEK 5 SESSION 1			
WEEK 5 SESSION 2			
WEEK 5 SESSION 3			
WEEK 6 SESSION 1			
WEEK 6 SESSION 2			
WEEK 6 SESSION 3			