



The Practice Session Golf Diary Record Detailed Notes For 101 Practice Sessions

By Chris McMullen

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 106 pages. Dimensions: 9.9in. x 6.8in. x 0.4in. The Practice Session Golf Diary is a journal designed for recording detailed notes for 101 practice sessions. The entries are divided into categories to help you record goals and swing thoughts for each practice session and assess how they worked, describe memorable shots to draw on for positive visualization in the future, document which swing thoughts do or do not work well for you, and assess each practice session and develop goals and swing thoughts for your next round. Complete this diary when you return home from each practice session. Review your entries periodically to help draw from positive moments in the past and to assess how your game is progressing and areas needing improvement. This item ships from La Vergne, TN. Paperback.



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