

PLAYER: _____
COACH: _____

REVIEW DATE: _____
REVIEW TYPE: ☐ 30-DAY ☐ 60-DAY ☐ 90-DAY ☐ ANNUAL

STAGE OF BECOMING: _____
LESSONS COMPLETED: _____

1. THE BIG PICTURE



WHERE WE ARE

Overall progress this period.



HIGHLIGHTS

What went well?

• _____
• _____
• _____



CHALLENGES

What held us back?

• _____
• _____
• _____

2. THE SCORECARD

RATE YOUR PROGRESS

1 = Needs Work 5 = Excellent



PHYSICAL

(1) (2) (3) (4) (5)



TECHNICAL

(1) (2) (3) (4) (5)



TACTICAL

(1) (2) (3) (4) (5)



MENTAL

(1) (2) (3) (4) (5)



PERSONAL

(1) (2) (3) (4) (5)

OVERALL PROGRESS RATING

(Circle One)

1 2 3 4 5

3. DATA SNAPSHOT

KEY PERFORMANCE METRICS

	BEFORE	NOW	CHANGE
DRIVER DISTANCE (yds)			
7 IRON CARRY (yds)			
GREENS IN REGULATION (%)			
FAIRWAYS HIT (%)			
PUTTS PER ROUND			
SCORING AVERAGE			
SHORT GAME (1-10)			
CONFIDENCE LEVEL (1-10)			

TREND

(Circle One)



Improving



Holding Steady



Declining

NOTES / CONTEXT

4. COMPARISON: WHERE WE WERE vs. WHERE WE ARE

SWING & TECHNICAL

	BEFORE	NOW	NOTES
Ball Flight Control		→	
Strike Consistency		→	
Shot Inventory		→	
Contact Quality		→	
Tempo & Rhythm		→	

GAME & STRATEGY

	BEFORE	NOW	NOTES
Course Management		→	
Shot Selection		→	
Scoring Ability		→	
Short Game Confidence		→	
Putting Performance		→	

MINDSET & PERSONAL

	BEFORE	NOW	NOTES
Focus & Discipline		→	
Resilience & Composure		→	
Self-Talk & Belief		→	
Preparation Habits		→	
Purpose & Motivation		→	

5. LESSONS LEARNED



What did I learn about...

My game? _____

My process? _____

Myself? _____

What I want? _____

“ Experience is the best teacher.
Reflection is the best multiplier.

6. WHAT'S WORKING (KEEP DOING)



The habits, thoughts, and actions that are driving results.

• _____
• _____
• _____
• _____
• _____

“ Do more of what works.
Do it with intention.

7. WHAT NEEDS TO CHANGE (STOP / START)



What must I stop doing?

• _____
• _____
• _____

What must I start doing?

• _____
• _____
• _____

“ Small adjustments.
Big transformations.

8. NEXT LEVEL GOALS

What are my top 3 goals for the next period?

1

2

3

WHY THIS GOAL MATTERS

9. MY NEXT PLAN



Key actions I will take to achieve my goals.

ACTION STEPS







TARGET DATE



10. COMMITMENT

I commit to showing up, doing the work, and owning my development.

SIGNATURE: _____

DATE: _____



COACH NOTES



COACH MUNDT'S
GUIDING PRINCIPLE

“ Progress is built on awareness.
Excellence is built on adjustment.
Greatness is built on ownership.
— Coach Mundt ”

EVALUATE.
EDUCATE.
ELEVATE.

