

- 👁️ What do I notice? _____
- ❓ What do I wonder? _____
- ⚠️ What should I avoid assuming? _____

WHY WE EVALUATE THE BODY

Your golf swing is an expression of what your body is capable of doing today. Before changing movement, we first seek to understand movement. Our goal is not to identify limitations. Our goal is to discover opportunities. Because the body always gets the first vote.

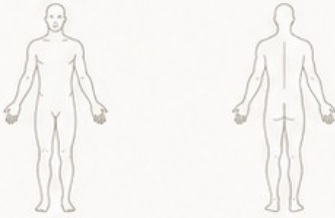


A HEALTH & MOVEMENT HISTORY

CURRENT PAIN

☐ None ☐ Mild ☐ Moderate ☐ Severe

LOCATION (Mark all that apply)



PREVIOUS INJURIES (Mark all that apply)

☐ Shoulder ☐ Back ☐ Hip ☐ Knee
☐ Ankle ☐ Wrist ☐ Neck ☐ Other

SURGERIES (Please list)

CURRENT EXERCISE ROUTINE (Mark all that apply)

☐ Strength ☐ Mobility ☐ Walking ☐ Running ☐ Golf Fitness ☐ None

AVERAGE HOURS SITTING PER DAY

☐ 0-2 ☐ 2-4 ☐ 4-6 ☐ 6-8 ☐ 8+

B CERTIFIED TPI MOVEMENT SCREEN

✅ Pass ⓘ Needs Attention

SCREEN	PASS	NEEDS ATTENTION	NOTES
1 Overhead Deep Squat	☐	☒	
2 Pelvic Tilt	☐	☒	
3 Pelvic Rotation	☐	☒	
4 Torso Rotation	☐	☒	
5 Bridge with Leg Extension	☐	☒	
6 Lat Test	☐	☒	
7 Lower Quarter Rotation	☐	☒	
8 Balance	☐	☒	
9 Single Leg Balance	☐	☒	
10 90/90	☐	☒	
11 Seated Trunk Rotation	☐	☒	
12 Wrist Hinge	☐	☒	

C COACH'S INTERPRETATION

🏋️ STRENGTHS _____

🔗 CONSTRAINTS _____

LIKELY SWING INFLUENCES (Check all that apply)

☐ Reduced Hip Rotation ☐ Balance Under Pressure
☐ Limited Shoulder Turn ☐ Mobility Restrictions
☐ Early Extension Tendencies ☐ Stability Restrictions
☐ Reduced Ground Force Potential ☐ Other _____

COACH NOTES

C PLAYER UNDERSTANDING

💡 TODAY I LEARNED... _____

★ THE BIGGEST SURPRISE WAS... _____

🏌️ THE AREA I WANT TO IMPROVE FIRST... _____

D COACHING PRIORITIES (Rank Only Top 3)

PRIORITY 1

☐ Movement
☐ Mobility
☐ Strength
☐ Stability
☐ Motor Control
☐ Recovery
☐ Pain Management
☐ Other _____

WHY THIS PRIORITY?

PRIORITY 2

☐ Movement
☐ Mobility
☐ Strength
☐ Stability
☐ Motor Control
☐ Recovery
☐ Pain Management
☐ Other _____

WHY THIS PRIORITY?

PRIORITY 3

☐ Movement
☐ Mobility
☐ Strength
☐ Stability
☐ Motor Control
☐ Recovery
☐ Pain Management
☐ Other _____

WHY THIS PRIORITY?

