

E3 90-DAY PERFORMANCE PLAN™

A CLEAR PLAN. CONSISTENT ACTION. COMPOUNDING RESULTS.

"Success in golf isn't built in a day. It's built daily." — Coach Mundt

EVALUATE.
EDUCATE.
ELEVATE.

E3 MISSION

PLAYER: _____
STAGE OF BECOMING: _____

COACH: _____
PLAN START DATE: _____

PLAN REVIEW DATE: _____
PLAN END DATE (90 DAYS): _____

1. THE BIG PICTURE

WHERE WE ARE GOING

90-DAY PRIMARY GOAL

WHY THIS MATTERS



A goal without a plan
is just a wish.

2. SUCCESS OUTCOMES

BY THE END OF 90 DAYS I WILL...

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Define success.
Measure progress. Stay committed.

3. KEY FOCUS AREAS

THE 5 PILLARS OF E3

FOCUS (1-5)

- | | | |
|--|-----------|--------------------------|
| | PHYSICAL | ☐ |
| | TECHNICAL | ☐ |
| | TACTICAL | ☐ |
| | MENTAL | ☐ |
| | PERSONAL | ☐ |



Balance the pillars.
Elevate your game.

4. DEVELOPMENT ROADMAP

PHASE 1: DAYS 1-30 FOUNDATION

Build the base. Create consistency.

FOCUS:

- _____
- _____
- _____

KEY ACTIONS:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

SUCCESS MEASURES:

- _____
- _____
- _____

PHASE 2: DAYS 31-60 BUILD MOMENTUM

Add pressure. Expand capability.

FOCUS:

- _____
- _____
- _____

KEY ACTIONS:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

SUCCESS MEASURES:

- _____
- _____
- _____

PHASE 3: DAYS 61-90 PERFORM & ELEVATE

Refine under pressure. Perform with confidence.

FOCUS:

- _____
- _____
- _____

KEY ACTIONS:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

SUCCESS MEASURES:

- _____
- _____
- _____

5. WEEKLY COMMITMENTS

WHAT I WILL DO EVERY WEEK

- | | | |
|--|-------------|-------|
| | PRACTICE | _____ |
| | PHYSICAL | _____ |
| | MENTAL | _____ |
| | COURSE PLAY | _____ |
| | REVIEW | _____ |



Discipline in the small things
creates freedom in performance.

6. HABITS THAT WILL DRIVE RESULTS

DAILY HABITS. LASTING CHANGE.

- ☐ I will practice with purpose.
- ☐ I will prepare my body.
- ☐ I will strengthen my mind.
- ☐ I will play with a plan.
- ☐ I will review and reflect.
- ☐ I will give my best effort.
- ☐ I will stay coachable.



Habits today.
Excellence tomorrow.

7. SUPPORT & ACCOUNTABILITY

WHO HELPS ME. HOW I STAY ACCOUNTABLE.

MY SUPPORT TEAM

- _____
- _____
- _____

HOW I WILL STAY ACCOUNTABLE

- _____
- _____



Surround yourself with people
who raise your standard.

8. POTENTIAL OBSTACLES

WHAT MIGHT GET IN THE WAY?

- _____
- _____

MY PLAN TO OVERCOME THEM

- _____
- _____
- _____

9. PROGRESS CHECKPOINTS

REVIEW. ADJUST. IMPROVE.

CHECKPOINT	DATE	FOCUS	RATING (1-10)	NOTES
Day 30				
Day 60				
Day 90				



What gets measured gets improved.

10. MY COMMITMENT

I COMMIT TO THE PROCESS.

*I will show up.
I will do the work.
I will trust the journey.
Because I know that
becoming my best is the goal.*

PLAYER SIGNATURE

DATE _____

E3

COACH MUNDT'S
GUIDING PRINCIPLE

“ A plan without action changes nothing.
Action without a plan creates chaos.
Plan. Act. Review. Repeat.”

— Coach Mundt

EVALUATE.
EDUCATE.
ELEVATE.

