PPT
PLAYER PERFORMANCE TRACKING
by JPL Data Support

WORKSHEET

PRACTICE PLAN

Name _____

Weeks of _____

1 What my stats say

My main focus area (tick one):

- [ ] Driving
- [ ] Approach
- [ ] Short game
- [ ] Putting

The stat _____

My average _____ My band _____

2 My goal for the next four weeks

Something I can measure in practice.

3 My session plan

Minutes per session _____ Sessions per week _____

DRILL	AREA	MINUTES	TARGET SCORE

4 My time split

Shade the boxes: about 5 for your main focus, 3 for a second area, 2 to keep strengths sharp.

Main: _____

Second: _____

Keep: _____

5 How I will measure it

In practice, and on the course in PPT.

Tip Keep score in every drill, change targets often, and finish on a success.

Drills: jplds-ppt-site.vercel.app/resources

FOUR-WEEK PRACTICE LOG

Log each session in PPT too, so your practice sits next to your rounds.

WEEK	DATE	MINS	DRILLS AND SCORES	HOW IT FELT
1				
2				
3				
4				

After four weeks

Drill scores: first week _____ last week _____

The stat in PPT: before _____ now _____

Next month I will