PPT
PLAYER PERFORMANCE TRACKING
by JPL Data Support

PPT GUIDE

# SETTING TARGETS THAT WORK

## The five steps

**1 Find your baseline**
Averages from your last ten rounds in PPT.

**2 Pick one or two areas**
The stats furthest from your handicap band.

**3 Choose a realistic step**
Close about half the gap to the next band.

**4 Give it time**
A date 8–12 weeks away, judged over 10+ rounds.

**5 Review and reset**
Hit it? Next step. Missed it? Check the practice.

## Outcome and process

OUTCOME
"28% of greens by June." Where you are going.

PROCESS
"Two scored approach sessions a week." What you will do.

## Rounds needed

| 3 | 5 | 10 | 20 |
|---|---|---|---|
| Noise | A hint | A pattern | Solid |

## Realistic steps

| | |
|---|---|
| Fairways hit | +5–10 pts |
| Greens in regulation | +4–8 pts |
| Up and downs | +5–10 pts |
| Three-putts / round | −0.5 to −1 |
| Penalties / round | −0.5 to −1 |

Rough guides for a focused 8–12 weeks.

**Example: Sam, 18 handicap**
GIR 22% → 28% by 30 June
Three-putts 2.8 → 2.0 a round
Fairways 52%: keep, don't chase

WORKSHEET

# MY TARGETS

Name _____ Handicap _____

Date set _____ Review date _____

## 1. My baseline

averages from my last 10 rounds

| STAT | MY AVERAGE | MY BAND'S RANGE | PICK 1–2 | TARGET |
|---|---|---|---|---|
| Scoring average | | | ☐ | |
| Fairways hit % | | | ☐ | |
| Greens in regulation % | | | ☐ | |
| Up and downs % | | | ☐ | |
| Sand saves % | | | ☐ | |
| Putts per round | | | ☐ | |
| Three-putts per round | | | ☐ | |
| Penalties per round | | | ☐ | |

## 2. My process goals

what I will actually do, and how often

1 _____

2 _____

3 _____

## 3. Checkpoints

### After 4 weeks

Rounds logged ____

On track? ☐ Yes ☐ Not yet

### After 8 weeks

Rounds logged ____

On track? ☐ Yes ☐ Not yet

### Review date

Target hit? ☐ Yes ☐ No

Next step _____

**Agreed with my coach (optional)** Coach _____ Date _____