



## GOLF EVALUATION INFORMATION SHEET

Today's Date: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Social Security #: \_\_\_\_\_

Employer Name: \_\_\_\_\_

Employer Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

### How do you prefer to be addressed?

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_

Weight: \_\_\_\_\_ Occupation: \_\_\_\_\_

Do you take golf lessons? \_\_\_\_\_ From Whom? \_\_\_\_\_

Are you a member of a private club? \_\_\_\_\_

If yes, which one(s)? \_\_\_\_\_

\_\_\_\_\_

How did you hear about us? \_\_\_\_\_

### Whom may we contact in case of emergency?

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone #: \_\_\_\_\_

### Current Performance Information

1. Do you typically play one course most often? \_\_\_\_\_
2. How many rounds per week do you play? \_\_\_\_\_
3. How many times per week do you practice? \_\_\_\_\_

4. How long are your typical practice sessions? \_\_\_\_\_

5. What is your average full swing distance for the following clubs?

Driver	_____	yds.	Seven Iron	_____	yds.
Three Wood	_____	yds.	Eight Iron	_____	yds.
Three Iron	_____	yds.	Nine Iron	_____	yds.
Four Iron	_____	yds.	Pitching Wedge	_____	yds.
Five Iron	_____	yds.	Sand Wedge	_____	yds.
Six Iron	_____	yds.	Other(     )	_____	yds.
Other(     )	_____	yds.	Other(     )	_____	yds.
Other(     )	_____	yds.	Other(     )	_____	yds.

6. What percentage of fairways do you hit per round? \_\_\_\_\_%

7. What percentage of greens do you hit in regulation? \_\_\_\_\_%

8. How many putts do you average per round? \_\_\_\_\_%

9. How many penalty strokes do you average per round? \_\_\_\_\_

10. How many bunkers do you average per round? \_\_\_\_\_

11. What is your average score per round? \_\_\_\_\_

12. What is your current potential scoring range?

From \_\_\_\_\_ strokes to \_\_\_\_\_ strokes per round.

13. What is your best lifetime score? \_\_\_\_\_

14. When and where do you shoot that score? \_\_\_\_\_

15. What is your official USGA handicap? \_\_\_\_\_

16. How long has this been your handicap? \_\_\_\_\_

17. Did your present handicap go up or down from its previous value?

\_\_\_\_\_

18. What set of tees do you typically play from? \_\_\_\_\_

19. How many shots per round do you miss hit in the following ways?

Top, skull or thin hits \_\_\_\_\_ Fat or chunky hits \_\_\_\_\_

Shanks \_\_\_\_\_ Whiffs \_\_\_\_\_

20. What do you feel are the strongest parts of your game and need the least improvement?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

21. What are the most significant factors that contribute to this being the strongest part of your game?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

22. In contrast what is the weakest part of your game that requires the greatest improvement?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

23. What are the factors that contribute to your game's weak points?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

24. What is/are the major reasons you play golf?

Competition \_\_\_\_\_ Exercise \_\_\_\_\_ Having Fun \_\_\_\_\_  
Social Interaction \_\_\_\_\_ Relaxation \_\_\_\_\_ Enjoying the surrounding \_\_\_\_\_

25. If you had the ability to change one thing about your performance what would it be? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

26. What would changing this one phase do for you? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

27. What personal physical characteristics do you feel most contributes to the one thing about your game you would like to change?

Strength \_\_\_\_\_ Power \_\_\_\_\_ Coordination \_\_\_\_\_  
Social Interaction \_\_\_\_\_ Relaxation \_\_\_\_\_ Conditioning \_\_\_\_\_  
Other \_\_\_\_\_

28. Based on your answers to this overall golf performance survey, what would you say would be the one factor that would be most helpful?

New Equipment \_\_\_\_\_ More golf lessons \_\_\_\_\_  
More playing time \_\_\_\_\_ Golf-specific mental training \_\_\_\_\_  
Better fitting equipment \_\_\_\_\_ Golf-specific fitness training \_\_\_\_\_

### PERFORMANCE GOALS

Please answer the following questions with short-term performance goals in mind. The date by which I would like to achieve these goals is: \_\_\_\_\_

1. What are the average full swing distances you would like to have for the following clubs?

Driver	_____	yds.	Seven Iron	_____	yds.
Three Wood	_____	yds.	Eight Iron	_____	yds.
Three Iron	_____	yds.	Nine Iron	_____	yds.
Four Iron	_____	yds.	Pitching Wedge	_____	yds.
Five Iron	_____	yds.	Sand Wedge	_____	yds.
Six Iron	_____	yds.	Other( )	_____	yds.
Other( )	_____	yds.	Other( )	_____	yds.
Other( )	_____	yds.	Other( )	_____	yds.

2. What percent of fairways would you like to hit per round? \_\_\_\_\_
3. What percent of greens in regulation would you like to average per round? \_\_\_\_\_
4. How many putts would you like to average per round? \_\_\_\_\_
5. How many average penalty strokes would you like to reduce to? \_\_\_\_\_
6. How many average bunkers per round do you want to reduce to? \_\_\_\_\_
7. What would you like your average score per round to be? \_\_\_\_\_
8. What would you like to drop your handicap to? \_\_\_\_\_



## **AGREEMENT AND RELEASE OF LIABILITY**

I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise and the use of exercise and training equipment so that I might have his/her recommendations concerning these fitness activities and equipment use. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and use of equipment and machinery without approval of my physician and do hereby assume all responsibility for my participation and utilization of equipment and machinery in my activities.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_