



| Your Driver Speed | |
|-------------------|----------------------|
| Before | <input type="text"/> |
| After | <input type="text"/> |
| Total Gain | <input type="text"/> |

| LEVEL 2 | | | | |
|----------|-------------|-------------|-------------|-------------|
| POSITION | LIGHT | MEDIUM | HEAVY | |
| 1 | NORMAL | 3 EACH SIDE | 3 EACH SIDE | 3 EACH SIDE |
| 2 | STEP CHANGE | 3 EACH SIDE | 3 EACH SIDE | 3 EACH SIDE |
| 3 | HEEL STOMP | 3 EACH SIDE | 3 EACH SIDE | 3 EACH SIDE |
| 4 | MAX OUT | 3 DOMINANT | | |

Record your fastest standing swing with each club on your dominant and non dominant side.

| Week | Max Green | Max Blue | Max Red |
|------------------|-----------|----------|---------|
| WEEK 1 SESSION 1 | | | |
| WEEK 1 SESSION 2 | | | |
| WEEK 1 SESSION 3 | | | |
| WEEK 2 SESSION 1 | | | |
| WEEK 2 SESSION 2 | | | |
| WEEK 2 SESSION 3 | | | |
| WEEK 3 SESSION 1 | | | |
| WEEK 3 SESSION 2 | | | |
| WEEK 3 SESSION 3 | | | |
| WEEK 4 SESSION 1 | | | |
| WEEK 4 SESSION 2 | | | |
| WEEK 4 SESSION 3 | | | |
| WEEK 5 SESSION 1 | | | |
| WEEK 5 SESSION 2 | | | |
| WEEK 5 SESSION 3 | | | |