

## Weekly Registration of Exposure to Golf Competition, Practice and Training

*(to be completed by trainer, coach or athlete)*

**Player:** \_\_\_\_\_

**Week:** \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>competition</b>	holes	holes	holes	holes	holes	holes	holes
<b>golf course (excl. competitions)</b>	holes	holes	holes	holes	holes	holes	holes
	hours	hours	hours	hours	hours	hours	hours
<b>driving range</b>	balls hit	balls hit	balls hit	balls hit	balls hit	balls hit	balls hit
	hours	hours	hours	hours	hours	hours	hours
<b>putting / short game</b>	hours	hours	hours	hours	hours	hours	hours
<b>fitness training for golf</b>	hours	hours	hours	hours	hours	hours	hours
<b>other training incl. warm-up</b>	hours	hours	hours	hours	hours	hours	hours