[Your Name] Weekly Tasks

System 1 – Reflection on playing performance

* Complete playing stats
* Rate clarity of shots and preparedness 1-10

System 2 – Core weekly practices

* 18 holes medal x 1
* 40 balls long game technique x 1
* 3, 6, 9 ft putting (5 balls) x 1
* Flagstick challenge 75, 100, 125 yds (60 balls) x 1

System 3 – Developmental practices for weaknesses

* 9 holes birdie challenge x 1
* 9 holes in-regulation x 1
* Will’s range challenge x 1
* 40 balls long game technique x 1

System 4 – Development of areas to become exceptional

* Round the clock putting (30 mins) x 1
* 10 – 20 ft putting x 1
* Putting mechanics w/ mirror and laser (10 mins) x 1
* Golf Insider Short Game Challenge x 1

System 5 – Physiological development

* S & C session x 2
* Stack system session x 2
* Play tennis/squash x 1

System 6 – Psychological development

* 20 minutes mindfulness practice
* Optimise pre-shot routine long game/putting x 1/month