BIRDIE MODE STAT TRACKER

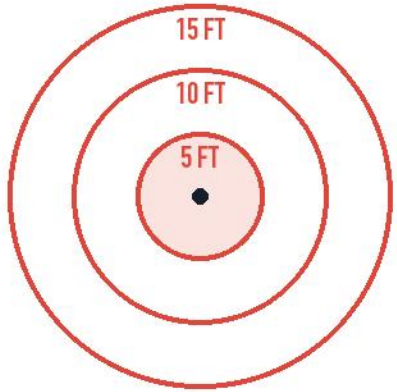
How low can you go?

Crystal Jeske | Golf Scoring Coach · @crystaljeske

Name _____ **Course** _____ **Date** _____ **Tees** _____

HOLE	PAR	SCORE	FAIRWAY X hit / arrow miss	GREEN Y / N	BIRDIE OP 5 / 10 / 15 ft	MADE IT Y / N	UP & DOWN Y / N	PUTTS	PENALTY	DONATED strokes
1										
2										
3										
4										
5										
6										
7										
8										
9										
OUT										
10										
11										
12										
13										
14										
15										
16										
17										
18										
IN										
TOTAL										

BIRDIE OPPORTUNITIES



Mark a dot for every birdie putt you gave yourself. Beyond 15 feet, you didn't give yourself a realistic birdie opportunity.

Bullseye (5 ft or less) _____

Inside 10 ft _____

Inside 15 ft _____

Birdies made _____

NOTES

_____

_____

_____

_____

_____

_____

Fairway: X for a hit. An arrow for the direction you missed. Par 3s: leave blank. ← →

Birdie op: a birdie putt inside 15 feet. Circle 5, 10 or 15. Five feet or less is the bullseye.

Donated: 3-putts, dumb misses and bad decisions. A 3-putt counts the same as 3 drives.

In competition, track only your birdie opportunities. Forget the other stats and stay in the moment.

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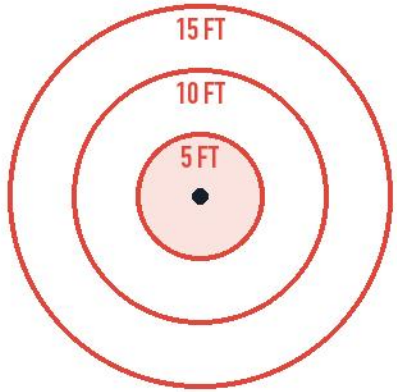
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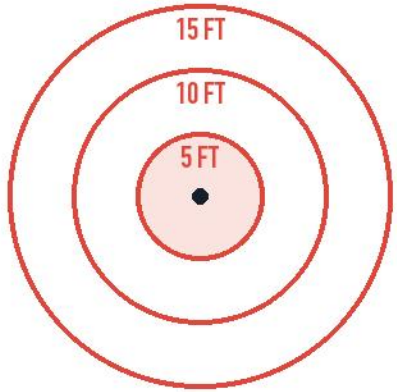
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WHERE ARE YOU ACTUALLY LOSING STROKES?

Add up your rounds. Then compare them to my standards as a player.

	ROUND 1	ROUND 2	ROUND 3	AVERAGE	MY STANDARD
Score					
Fairways hit (of 14)					**80% minimum**
Most common miss (left / right)					
Greens (of 18)					**16 of 18**
Bullseyes (5 ft or less)					
Inside 10 ft					
Inside 15 ft					
Birdies made					
Up and downs made / chances					**75% or better**
Putts					**30 or fewer**
Penalty strokes					**0**
Donated strokes					

THEN GO TO WORK ON IT

- **Off the tee**
  Know your miss. Pick the right club and pick your targets with future you in mind.
- **Approach shots**
  This is where birdies come from. Throw darts.
- **Around the green**
  Chip with the same motion that you putt with. Recall a time you practiced this shot. Can't recall one? That's your sign to practice your short game.
- **Putting**
  Decide. Set up. Commit to your stroke.

AFTER A BAD HOLE

You have a choice: spiral, or cut it off and bounce back.

Every hole matters. The only funk is in your mind, when you decide you're there.

Remember who you are and what you can do.

SEND ME YOUR GAME

Message GAME to @crystaljeske on Instagram with your numbers.

Get into Birdie Mode.