



SuperSpeed Golf™

Record Keeping

LEVEL 5				
	POSITION	LIGHT	MEDIUM	HEAVY
1	Normal	5 Each Side	5 Each Side	5 Each Side
2	Heel-Stomp	5 Each Side	5 Each Side	5 Each Side
3	Double-Step	5 Each Side	5 Each Side	5 Each Side
4	Happy Gilmore	5 Each Side	5 Each Side	5 Each Side
5	Normal	3 Dominant		

WEEK	SWING SPEED BEFORE	SWING SPEED AFTER	MAX GREEN	MAX BLUE	MAX RED
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					

Use additional copies of this record keeping sheet if needed