



**SuperSpeed Golf™**

# Record Keeping

## LEVEL 1

	POSITION	LIGHT	MEDIUM	HEAVY
01	Normal	3 Each Side	3 Each Side	3 Each Side
02	Step-Change	3 Each Side	3 Each Side	3 Each Side
03	Normal	3 Dominant		

WEEK	SWING SPEED BEFORE	SWING SPEED AFTER	MAX GREEN	MAX BLUE	MAX RED
1					
2					
3					
4					
5					
6					