



Clients have reported improvement in their sport as a side effect of using NeuroOptimal®. Below is a tool you can use to track shifts in your golf game. We also highly recommend filling out our standard progress tracking tools to track shifts in your everyday life.

### GOLFER CHECKLIST OF CONCERNS

**NAME:**

**Date:**

**Pre/Ongoing/Post**

|  | Never<br>Difficult | Sometimes<br>Difficult | Often<br>Difficult | Always<br>Difficult | N/A |
|--|--------------------|------------------------|--------------------|---------------------|-----|
| Ability to focus                               |                    |                        |                    |                     |     |
| Comfort level during address                   |                    |                        |                    |                     |     |
| Tee shots with driver                          |                    |                        |                    |                     |     |
| Mid-irons                                      |                    |                        |                    |                     |     |
| Long shots from fairway bunkers                |                    |                        |                    |                     |     |
| Executing the shot I really want               |                    |                        |                    |                     |     |
| Putts within 3-4 feet                          |                    |                        |                    |                     |     |
| Putts longer than 4 feet                       |                    |                        |                    |                     |     |
| Chip Shots                                     |                    |                        |                    |                     |     |
| Greenside Bunker shots                         |                    |                        |                    |                     |     |
| Paralysis by Analysis                          |                    |                        |                    |                     |     |
| Staying in the present moment                  |                    |                        |                    |                     |     |
| Being in a state of desired athletic readiness |                    |                        |                    |                     |     |
| Mental Flow                                    |                    |                        |                    |                     |     |
| Physically flowing freely                      |                    |                        |                    |                     |     |
| Staying alert but calm                         |                    |                        |                    |                     |     |
| Regulating high emotions                       |                    |                        |                    |                     |     |
| Regulating low emotions                        |                    |                        |                    |                     |     |
| Regulating anger                               |                    |                        |                    |                     |     |
| Paralysis by Analysis                          |                    |                        |                    |                     |     |
| Staying in the Present Moment                  |                    |                        |                    |                     |     |
| Relaxing                                       |                    |                        |                    |                     |     |
| Flow   |                    |                        |                    |                     |     |
| Leaving my past shots behind                   |                    |                        |                    |                     |     |
| Staying out of my own way                      |                    |                        |                    |                     |     |
| Anxiety  |                    |                        |                    |                     |     |
| Panic  |                    |                        |                    |                     |     |
| Worry  |                    |                        |                    |                     |     |
| Staying in the 'zone'                          |                    |                        |                    |                     |     |
|  |                    |                        |                    |                     |     |



**“WHEN I AM ON THE GOLF COURSE, I HAVE DIFFICULTY WITH... “**

**RATE YOUR ABILITY TO PLAY IN YOUR DESIRED STATE OF...**

|                                       | Never Able | Sometimes Able | Often Able | Always Able |  |
|---------------------------------------|------------|----------------|------------|-------------|--|
| calm during a casual game             |            |                |            |             |  |
| focus during a casual game            |            |                |            |             |  |
| athleticism during a casual game      |            |                |            |             |  |
| calm during a competitive game        |            |                |            |             |  |
| during a competitive game             |            |                |            |             |  |
| athleticism during a competitive game |            |                |            |             |  |

**RATE YOUR ABILITY TO PLAY IN YOUR DESIRED MENTAL STATE WITH...**

|  | Never Able | Sometimes Able | Often Able | Always Able | N/A |
|--|------------|----------------|------------|-------------|-----|
| Friends of similar ability to you                  |            |                |            |             |     |
| Friends of higher skill                            |            |                |            |             |     |
| Family members                                     |            |                |            |             |     |
| Acquaintances of similar ability                   |            |                |            |             |     |
| Strangers of similar ability                       |            |                |            |             |     |
| Acquaintances of higher ability                    |            |                |            |             |     |
| Stranger of higher ability                         |            |                |            |             |     |
| Competitors of similar ability                     |            |                |            |             |     |
| Competitors of higher ability                      |            |                |            |             |     |
| Competitors who have won more tournaments than you |            |                |            |             |     |

**RATE YOUR ABILITY TO PLAY IN YOUR DESIRED STATE OF CALM, FOCUS AND ATHLETIC READINESS IN A TOURNAMENT...**

|                                 | Never Able | Sometimes Able | Often Able | Always Able | N/A |
|---------------------------------|------------|----------------|------------|-------------|-----|
| During rounds 1 and 2 (pre-cut) |            |                |            |             |     |
| During round 3                  |            |                |            |             |     |
| During round 4                  |            |                |            |             |     |

**RATE HOW MUCH YOU...**

|                              | Never | Sometimes | Often | Always |  |
|------------------------------|-------|-----------|-------|--------|--|
| Hyperfocus on shots          |       |           |       |        |  |
| Just relax and play the game |       |           |       |        |  |