

## #GOLFALONG CHECKLIST

Yes/No	Description	Time Completed	Date
<input type="checkbox"/>	Golf Stretches - To also be completed before every session		
<input type="checkbox"/>	The Golf Grip		
<input type="checkbox"/>	Golf Alignment		
<input type="checkbox"/>	Pre-Shot Routine		
<input type="checkbox"/>	Fundamentals Review		
<input type="checkbox"/>	Golf Swing Takeaway		
<input type="checkbox"/>	Swing Plane and Wrist Hinge		
<input type="checkbox"/>	Top of the Golf Swing		
<input type="checkbox"/>	Transition into the Down Swing		
<input type="checkbox"/>	Backswing Review		
<input type="checkbox"/>	The Swing Transition		
<input type="checkbox"/>	Stopping Early Extension		
<input type="checkbox"/>	Weight Transfer In The Golf Swing		
<input type="checkbox"/>	The Golf Impact		
<input type="checkbox"/>	Downswing Review		
<input type="checkbox"/>	Turning Through Impact		
<input type="checkbox"/>	The Golf Finish Position		