

PGC SHOT TRACKER



Workout 1 (Type of shot)	Location	Makes Total
Tune (Swish)		10
Tune (Line)		10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Test: Beal Pressure		

Workout 2 (Type of shot)	Location	Makes Total
Tune (Swish)		10
Tune (Line)		10
Tune (Rockers) (_____)		10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Test: Beal Pressure		

Workout 3 (Type of shot)	Location	Makes Total
Tune (Swish)		10
Tune (Line)		10
Tune (Rockers!) (_____)		10
Tune (Level 1 Yes!) (_____)		10
Tune (Level 2 Yes!) (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Test: Taurasi Movement		

Workout 4 (Type of shot)	Location	Makes Total
Tune (Swish)		10
Tune (Rockers)		10
Tune (Level 1 Yes!) (_____)		10
Tune (Level 2 Yes!) (_____)		10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Test: McCollum 52		/52

Workout 5 (Type of shot)	Location	Makes Total
Tune (Swish)		10
Tune (Rockers)		10
Tune (Level 1 Yes!) (_____)		10
Tune (Level 2 Yes!) (_____)		10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Test: McCollum 52		/52

Workout 6 (Type of shot)	Location	Makes Total
Tune (_____)		10
Tune (_____)		10
Tune (_____)		10
Tune (_____)		10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Train: Level __ (_____)		/10
Test (_____)		