



Golf Longevity AHA Tool

Assessment for Heightened Awareness

“SKILLS”

Purpose: This tool is for *your eyes only* unless you choose to share it with a friend, relative, or guide. It’s designed to give you a heightened awareness of your preferences, choices, and desires so you can enhance your golf experience. You are a unique individual. You deserve a golf experience tailored to your uniqueness.

Instructions: This should take you less than 15 minutes. This assessment tool is for golfers of all skill levels. Answer every question in order -- please do not skip ahead. If it doesn’t state “circle all that apply”, only give one answer.

Tips: Attempt to answer quickly with your first response. Please do NOT overthink. Choose the BEST answer amongst those listed. If absolutely none of the listed answers resonate with you, please put your answer on the “Other” line where available. If there is no “Other” line for a particular question, please select the best answer.

Name: _____

My lowest scores are: _____ for 9 holes and for _____ 18 holes.

My handicap index is _____.

My handicap has been as low as _____.

I believe I can achieve a handicap index of _____ at some point.

1). How many years have you been a golfer?

- I am brand new.
- 1-3 years
- 4-10 years
- 10-15 years
- 16-30 years
- 30-50 years
- More than 50 years

2.) When I play golf I care about ...

- the quality of my shots.
- my score.

3.) Regarding golf instruction I want to ...

- know what to do.
- know how to do it.
- know what to do, how to do it, and why.
- Other: _____

4.) I consider myself an ...

- unskilled and inexperienced golfer.
- experienced and moderately skilled golfer.
- experienced and highly skilled golfer.
- experienced golfer but a little rusty.
- experienced golfer w/ declining skills due to age/physical/mental issues.
- experienced but unskilled golfer.

5.) I prefer to hit ...

- irons.
- woods.

6.) When playing golf, I rank my “enjoyment” of these shots in order on a 1-10 scale: 1 = most favorite, 10 = least favorite. Your answers may or may not reflect your success with these various shots. For example a golfer may be a good putter who often slices her drives out of bounds; however, she enjoys the thrill of trying to hit her driver far and in play while she finds putting a bit boring.

- Putting
- Chipping (mostly rolling toward hole)
- Pitching (mostly airborne toward hole)
- Greenside bunkers
- Fairway bunkers
- 2nd or 3rd shots with fairway woods
- 2nd or 3rd shots with hybrid clubs
- Full swing approach irons
- Driver tee shots
- Trouble shots

7.) Regarding putting, I ...

- often 1-putt.
- often 3-putt.
- rarely 1-putt.
- rarely 3-putt.
- am streaky -- back and forth between awesome and terrible.
- Other: _____

8.) Regarding putting, I ...

- look forward to successfully closing out each hole.
- dread it.
- find it boring.
- find it difficult.
- Other: _____

9.) Approximately how many putters have you ever used?

- One
- Two or three
- Three to five
- Five to ten
- More than ten
- Other: _____

10.) To win a \$1 million putting contest, would you rather have to ...

- hole a 3-foot putt with a slight break?
- putt the ball from 30 feet to within 3 feet of the hole?

11.) Rank your current overall performance of these shots on a 1-10 scale, 1 = best. Please use each number (1-10) only once.

- Putting
- Chipping (low, lots of roll)
- Pitching (high, little roll)
- Greenside bunkers
- Fairway bunkers
- Full swing iron approaches
- 2nd or 3rd shot with hybrids
- 2nd or 3rd shot with fairway woods
- Driver tee shots
- Trouble shots

12.) With regards to chipping (low w/ lots of roll) I usually chip the ball ...

- within 3 feet of the hole.
- within 6 feet of the hole.
- very inconsistently.
- sorry, I have no idea.

**13.) With regards to chipping (low w/ lots of roll) I most often use a ...
Please circle all that apply.**

- putter.
- lob wedge (58-64 degrees).
- sand wedge (55-57 degrees).
- gap or utility wedge (50-54 degrees).
- pitching wedge.
- 9 iron.
- 8 iron.
- 7iron.
- 6 iron.
- 5 iron.
- hybrid.
- fairway wood.
- driver.
- Other: _____

14.) Regarding chipping, when I perform poorly I usually ...

- chip it over the green.
- chip it too short.
- chunk it.
- hit it too far right of hole.
- hit it too far left of hole.
- Other: _____

15.) I practice chipping (low w/ lots of roll)...

- on average less than once a week.
- on average more than once a week.
- a little but would practice more often if I had more time.
- infrequently if at all because I don't enjoy it or know how to practice.
- Other: _____

**16.) With regards to pitching (high with little roll), I most often use a:
Please circle all that apply.**

- lob wedge (58-64 degrees).
- sand wedge (55-57 degrees).
- gap or utility wedge (50-54 degrees).
- pitching wedge.
- 9 iron.
- Other: _____

17.) When I hit a poor pitch (high with little roll), I usually ...

- pitch it too long.
- pitch it too short.
- make poor ball contact.
- hit it too far right of hole.
- hit it too far left of hole.
- All of the above.
- Other: _____

18.) I practice pitching ...

- on average less than once a week.
- on average more than once a week.
- a little but would practice more often if I had more time.
- infrequently if at all because I don't enjoy it/know how to practice it.
- Other: _____

19.) From a greenside bunker I usually ... (circle one)

- hit the ball high, soft, and somewhere near the hole.
- get the ball on the green even though it might not be pretty.
- take more than one shot to get the ball out.
- hit the ball over the green.
- perform poorly and do not have a consistent error pattern.
- Other: _____

20.) In green-side bunkers, I most often use a:

- lob wedge (58-64 degrees).
- sand wedge(54-56 degrees).
- gap or utility wedge (50-53.)
- pitching wedge.
- Other: _____

21.) I practice green-side bunker shots ...

- on average less than once a week.
- on average more than once a week.
- a little but would practice more often if I had more time.
- infrequently because I don't know how/where to practice.
- Other: _____

22.) How far do you hit a ball with a full swing using your 7 iron?

- 70-90 yards
- 91-110 yards
- 111-130 yards
- 131-150 yards
- More than 151 yards
- Other: _____

23.) How far do you hit the ball with your driver on average?

- 100-125 yards
- 126-150 yards
- 151-175 yards
- 176-200 yards
- 201-225 yards
- 226-250 yards
- More than 250 yards
- Other: _____

24.) When you hit a poor tee shot with your driver, it is USUALLY (circle all that apply) ...

- too low.
- too high.
- too right.
- too left.
- too short.
- Other: _____

25.) Regarding driving range practice I ...

- rarely practice there.
- do it only if there are grass tees available..
- do it only immediately before playing golf.
- love it and would do more of it if I had more time.
- love to hit balls at the range and do it often.
- go with an objective and purpose to work on my swing.
- Other: _____

26.) Approximately how much time on average do you spend practicing versus playing? Please include all practice time spent before a round as practice.

- I spend far more hours practicing than playing.
- I spend far more hours playing than practicing.
- I practice about as much as I play.
- Other: _____

27.) If you had 2 ½ hours of free time and were near a familiar golf course that wasn't crowded and had a good practice facility, would you rather practice for 2 hours or play 9 holes by yourself with your free time. I'd ...

- definitely play 9 holes.
- definitely practice.
- probably flip a coin to decide.
- Other: _____

28.) How often do you enjoy yourself when playing golf?

- I enjoy it all the time. I love, love, love it.
- I only enjoy it when I am playing well.
- I mostly enjoy playing golf.
- I seem to love playing golf ½ the time and hate it ½ the time.
- Other: _____

29.) Regarding range practice ...

- I pay for range balls.
- range balls are free for me.
- Other: _____

30.) If you had an hour of FREE use of an amazing practice facility with grass range and practice putting/chipping green, would you likely ... (circle ONE)

- spend the entire hour at the grass driving range?
- spend the entire hour at the practice green?
- divide the hour equally between range and practice green?
- use both but spend more time at the range?
- use both but spend more time at the practice green?
- eat lunch at their restaurant instead?

31.) With regards to indoor practice (no ball) or movement training (with or without a club) I ...

- don't practice indoors.
- believe in it, have good intentions, but usually get distracted.
- practice indoors about 3-10 minutes daily on average 5 days a week.
- am obsessed with accomplishing daily indoor golf practice.
- Other: _____

32.) How many golf training aids have you ever purchased?

- none
- less than five
- five to ten
- more than 10
- Other: _____

33.) Are you affiliated with a golf club or golf organization?

- Yes, I have a golf course membership.
- Yes, I play in one league.
- Yes, I play in more than one league.
- No, I play at various courses.
- Other: _____

34.) Regarding golf instruction, I ... (circle all that apply)

- watch the Golf Channel.
- take or have taken professional lessons.
- attend golf schools.
- read and study golf magazines/books.
- watch youtube.
- frequent other internet sites.
- take tips from my friends and relatives.
- Other: _____

35.) Please think about your current golf skills and on-course performance. Which ONE of the following fits you best?

- I know what to do but struggle at the range and/or golf course.
- I execute fairly well at the range and on the golf course but don't know why and have little understanding how to correct my occasional poor performances.
- I know what to do, perform well, and can usually detect and correct my errors on the range and golf course fairly quickly.
- Other: _____

36.) Over the past year at what percentage of your full potential (100%) would you describe your typical playing performance? Circle ONE.

- 10%
- 20%
- 30%
- 40%
- 50%
- 60%
- 70%
- 80%
- 90%
- 100% There is no room for any more improvement.

**37.) Final question: What are your 10 top reasons for playing golf?
#1 is the most important reason you play golf, followed by #2, then #3,
etc.**

- Get outdoor activity/exercise.
- Enjoy nature.
- Meet new people (social).
- Create memories with friends and family.
- Relieve stress.
- Have fun and laugh.
- Drink beer/other adult beverages with friends.
- Share another retirement activity with significant other.
- Compete in tournaments.
- Make business connections.
- Entertain clients.
- It's something I can do by myself.
- Challenge myself.
- Celebrate my athleticism.
- Avoid being left out.
- Enjoy the thrill of hitting awesome shots.
- Impress others.
- Being a part of a prestigious industry.
- It's fun to wear sporty, colorful outfits.
- Win money matches with playing partners.
- Improve skill/reduce score (personal mastery).
- Enhance my resume'.
- It's something else to do when vacationing.
- Most of my friends play golf.

Congratulations, you are done!