

## See this Example Golf Vision Board Chart

### Benchmark Round – Day 1 - August 5<sup>th</sup> (YOUR 1st GAME) - Your score is 105

#### (YOUR 2ND GAME)

September 5th – Day 30 – 2nd Round of golf at same golf course\*

Your 1st score was 105      **TAKE AWAY 1/3 OF THOSE MISTAKES**      105

Minus Par      -    72       $33 \div 3 = 11$  strokes      Resulting in    - 11 strokes

= # of mistakes      33      YOUR 30-DAY GOAL = 94

#### (YOUR 3RD GAME)

October 5th – Day 60 – 3rd Round of golf at same golf course\*

Your 2nd score was 94      **TAKE AWAY 1/3 OF THOSE MISTAKES**      105

Minus Par      -    72       $22 \div 3 = 7.333$  (7 strokes)      Resulting in    - 7 strokes

= # of mistakes      22      YOUR 60-DAY GOAL = 87

#### (YOUR 4th GAME)


November 5th – Day 90 – 4th Round of golf at same golf course\*

Your 3rd score was 87      **TAKE AWAY 1/3 OF THOSE MISTAKES**      87

Minus Par      -    72       $15 \div 3 = 5$  strokes      Resulting in    - 5 strokes

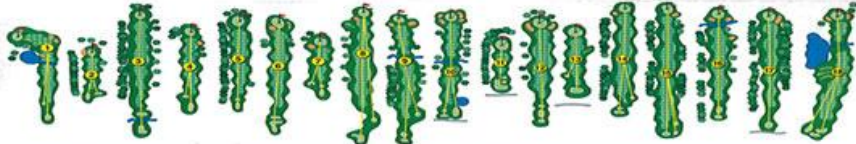
= # of mistakes      15      YOUR 90-DAY GOAL = 82

# Scorecards do not show how you made the shots ... only HOW MANY SHOTS it took to "hole out!"

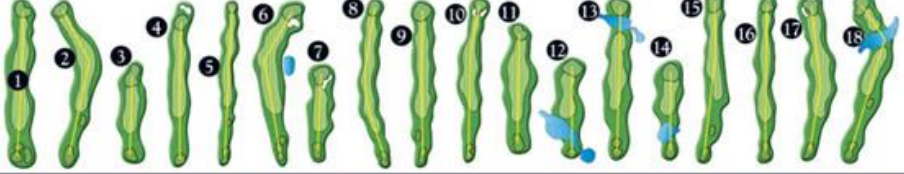


Hole	1	2	3	4	5	6	7	8	9	Out	10	11	12	13	14	15	16	17	18	In	Total	Hcp	Net
Black <small>Rating 76.1 Slope 118</small>	449	183	418	217	553	402	436	528	467	3653	438	526	195	349	453	177	419	426	533	3516	7169		
Blue <small>Rating 73.4 Slope 133</small>	429	160	398	189	514	364	400	503	411	3368	403	486	173	324	420	159	397	408	496	3266	6634		
White <small>Rating 70.8 Slope 150</small>	389	148	326	163	487	334	368	479	387	3081	378	462	151	308	382	136	350	381	458	3006	6087		
Red <small>Rating 70.6 Slope 124</small>	297	116	288	135	431	284	306	410	318	2585	314	401	132	234	316	110	299	304	413	2523	5108		
HDCP	13	7	5	9	11	17	1	15	3		6	14	10	16	2	18	4	12	8				
Par	4	3	4	3	5	4	4	5	4	36	4	5	3	4	4	3	4	4	5	3	72		
+/-																							

Scorer: \_\_\_\_\_ Attest: \_\_\_\_\_ Date: \_\_\_\_\_



HOLE	1	2	3	4	5	6	7	8	9	OUT	10	11	12	13	14	15	16	17	18	IN	TOT	HCP	NET
BLUE	389	185	429	312	324	393	195	472	457	3156	349	141	355	211	390	502	370	360	483	3161	6317		
WHITE	382	177	419	304	313	374	185	458	443	3055	331	129	331	207	390	497	366	354	472	3077	6132		
GOLD	377	174	363	241	300	362	157	450	437	2861	328	120	296	137	322	443	346	349	461	2805	5663		
MEN'S PAR	4	3	4	4	4	4	3	5	5	36	4	3	4	3	4	5	4	4	5	3	72		
MEN'S HANDICAP	9	17	1	11	13	3	15	7	5		16	18	14	12	4	6	10	2	8				
RED	374	172	357	239	294	361	156	396	349	2698	324	119	294	137	320	438	342	349	461	2781	5482		
LADIES' PAR	4	3	4	4	4	4	3	5	5	36	4	3	4	3	4	5	4	4	5	3	72		
LADIES' HANDICAP	4	12	6	16	8	10	18	2	14		9	15	13	17	1	3	7	11	5				



Hole	1	2	3	4	5	6	7	8	9	Out	10	11	12	13	14	15	16	17	18	In	Tot	Hcp	Net
Blue <small>69.6/116</small>	386	406	189	346	649	338	167	535	440	3456	510	305	214	366	203	446	478	397	387	3306	6762		
White <small>68.3/111</small>	372	360	164	346	625	317	162	521	415	3282	494	297	208	357	176	430	463	388	343	3156	6438		
Handicap	9	5	11	13	1	15	17	7	3		10	18	8	16	14	2	12	4	6				
Par	4	4	3	4	5	4	3	5	4	36	5	4	3	4	3	4	5	4	4	3	72		
Red <small>71.0/121</small>	350	312	149	332	530	313	137	515	356	2994	480	290	185	342	155	330	445	378	273	2878	5872		
Yellow <small>66.3/110</small>	344	302	145	215	525	202	132	350	340	2555	345	280	124	242	119	324	325	372	270	2401	4956		
Handicap	7	13	15	11	1	9	17	5	3		2	18	10	8	14	6	12	4	16				




BLUE YARDAGE	392	150	400	365	150	410	530	358	410	3184	217	440	394	407	411	524	399	189	390	3371	6555	Rating	71.2/135
WHITE YARDAGE	378	132	371	355	136	398	515	323	395	3003	204	423	366	394	391	484	389	161	378	3190	6193	68.5/129	
HANDICAP	5	15	9	11	17	1	3	13	7		16	2	10	4	6	14	8	18	12				
PAR	4	3	4	4	3	4	5	4	4	35	3	4	4	4	4	5	4	3	4	3	70		
HOLE	1	2	3	4	5	6	7	8	9	OUT	10	11	12	13	14	15	16	17	18	IN	TOT	HCP	NET
+/-																							
RED YARDAGE	366	126	315	309	107	370	430	262	388	2674	156	401	319	365	313	401	314	147	337	2753	5427	70.7/127	
HANDICAP	5	15	11	7	17	3	1	13	9		16	4	10	6	14	2	12	18	8				
PAR	4	3	4	4	3	4	5	4	5	36	3	5	4	4	4	5	4	3	4	3	72		

DATE: \_\_\_\_\_ SCORER: \_\_\_\_\_ ATTEST: \_\_\_\_\_ BLUE WHITE RED



**To find YOUR OWN 90-Day Target Goal  
you can plug in your own golf score and  
do the calculations for yourself!**

**How many strokes do you want  
to drop in 90-Days?**

**The B.I.O.N.I.C. Golf Pro 90-Day Virtual Golf School will  
teach you how to take these mistakes out of your game.**

**Contact us for more tips on improving your golf score:**

**<http://www.bionicgolfpro.com/contact-us.html>**

## Use this Blank Form to create your Vision Board Goal

**Benchmark Round – Day 1** (DATE ) - Your score is   
**(YOUR 1st GAME)**

### (YOUR 2ND GAME)

(DATE ) – Day 30 – 2nd Round of golf at same golf course\*

Your 1st score was  **TAKE AWAY 1/3 OF THOSE MISTAKES**   
Minus Par - 72  3 =  strokes Resulting in -  strokes  
= # of mistakes  YOUR 30-DAY GOAL =

### (YOUR 3RD GAME)

(DATE ) – Day 60 – 3rd Round of golf at same golf course\*

Your 2nd score was  **TAKE AWAY 1/3 OF THOSE MISTAKES**   
Minus Par - 72  3 =  strokes Resulting in -  strokes  
= # of mistakes  YOUR 60-DAY GOAL =

### (YOUR 4th GAME)

(DATE ) – Day 90 – 4th Round of golf at same golf course\*

Your 3rd score was  **TAKE AWAY 1/3 OF THOSE MISTAKES**   
Minus Par - 72  3 =  strokes Resulting in -  strokes  
= # of mistakes  YOUR 90-DAY GOAL =

# Do YOUR Calculations ...

- Use the Blank Form to get your Goal Formula
- Then fill in the Score that you project will be made at Day 30; Day 60 and Day 90 in their respective places on your Vision Board.
- Please hang your GOAL POSTER where you see it every day. You can hang it at your office and/or in your bathroom where you get dressed. If in both places – DUPLICATE CARDS.