Launch Monitor Practice Log and Carry Chart

Date: _____ Device: _____ Ball: _____ Indoor / Outdoor

How to use this log

- Warm up first. Then hit 10 shots per club and record averages, excluding obvious mishits.
- Record the spread (shortest and longest carry) as well as the average.
- Work on one change per session and note which number it affects.

Carry chart

Driver Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

3-wood Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

Hybrid Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

5-iron Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

6-iron Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

7-iron Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

8-iron Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

9-iron Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

PW Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

Wedge _____ Avg carry: _____ Range: _____ to _____ Ball speed: _____ Launch: _____ Spin: _____

Today's focus

One change I worked on: _____

Number that responded: _____

Result: _____

Next session

☐ Update carry chart in my yardage book or app

Focus next time: _____

Guide: www.flexyblogs.com/blog/launch-monitor-numbers-explained