

Wright Balance® Practice Diary (Advanced Lesson # _____)

Name: _____

STANCE

WIDTH _____ INCHES

Date	1. Ball Down; Paint Stick; Secondary Tilt; Sequence of Motion to Top: DPT	2. Ball Down; Grip Size that Fits; Power Spots; Alignment Stick; Lead Hand Grip (No Tape) DPT ; Add trail hand with shaft lean DPT	3. Ball Down; Power Spots; Secondary Tilt; Posture; add trail hand Grip; with alignment stick; Sequence of Motion to top; DPT	4. Ball Down; Sequence of Motion; Secondary Tilt; Motion to Top; Image of target; with alignment & Downswing; DPT	5. 1 – 4 completed with 100%; Ball striking on Range	6. Wright Balance® Express With Tape
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