

Note: Progress from 1, 2, 3, etc **only after** "passing" the Downswing Path (DPT) Test (square hip line) in preceding numbers

Wright Balance® Practice Diary

Name: _____ STANCE WIDTH _____ INCHES

Date	1. Power Spots & Alignment Stick for Balance in feet. Downswing Club Path Test (DPT)	2. NO CLUB Rock to Square: Posture on Alignment & Downswing Club Path Test (DPT)	NO CLUB Posture, on Alignment Stick to top without CLUB (DPT)	3. NO CLUB Sequence of Motion on alignment stick TO TOP & image of target (DPT)	4. WITH CLUB Sequence of Motion on alignment stick TO TOP; image of target, (DPT)
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