



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

the  
**PLAYERS**  
Journal

# MEDICUS<sup>®</sup> 5 SIMPLE KEYS

Chuck Evans



Medicus Golf and Chuck Evans Golf have partnered to bring together two of the most innovative brands in golf training and coaching with one purpose in mind... Since 1970, Chuck Evans has provided world class golf instruction to golfers of all ages and abilities.

These players have lowered their handicaps, improved their driving, iron play, and putting. They have learned how to hit pitch shots like the Pros and they have NO fear of bunker play!

Evans can efficiently assemble a better golf swing for any golfer from rank beginners to the game's top touring professionals. This extraordinary knowledge combined with his ability to explain the five necessary Keys in a clear and concise manner is why he is a GOLF Magazine Top 100 Teacher.

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All told, Evans has helped players from the PGA Tour, Champions Tour, LPGA Tour, European Tour, Nationwide Tour and various mini-tours with their games. But his heart is in helping junior golfers and players that are not already great players!

This is the true art of teaching!

But having a solid understanding of the golf swing doesn't necessarily make a teacher great. The instructor must also have a burning desire to transfer this knowledge to actual improvement in each student's game. Chuck not only wants to be able to explain how a student should make their most efficient golf swing possible, but he wants to make sure the student feels and understands the proper swing for themselves.

Once the student can feel the proper motion, it becomes critical to find ways to enable the student to develop the correct motion even when the teacher isn't watching. By using the latest in technology, and performance training aids by Medicus Golf, students rapidly accelerate their learning process.

This faster learning pace means better ball striking, better short game, and lower scores!



Chuck is recognized by Golf Magazine as a Top 100 Teacher and also by Golf Digest as a Top Teacher in America

## Accomplishments and Awards:

- Golf Magazine Top 100 Teachers in America
- Golf Digest Top Teachers in America
- Instructor for PGA, LPGA, Champions Tour, Nationwide Tour & Top Amateurs
- Author of several national golf articles for Golf Magazine, Golf Digest, Golf Tips, etc.
- Author of the book "[How To Build Your Golf Swing](#)"
- Co-Creator of Medicus Pure Strike, 5 Simple Keys to Consistency
- Honorary Doctorate Degree in 1992 for contributions to Golf Research & Development





## CONTENTS

### **Section 1: Goal Setting**

These pages will help you define your purpose in golf and your top of the mountain goal. You and your team can establish the steps necessary to achieve this purpose by working through these goal setting pages together.

### **Section 2: Practice, Performance and Lesson Journal**

Use the daily journal to record all of your thoughts from practice, tournaments and lessons and an area to chart the amount of time you apply to each. Discuss with your coach your weekly training focus.

### **Section 3: Skills Testing & Improvement**

Use these tests to measure how much you are improving in your practice. Track each performance in the areas provided

### **Section 4: My Stats**

Keep track of your performance statistics and thoughts from competitive and non-competitive rounds.





## THE MASTER PLAN

Purpose is the engine that drives Elite Performance. Clearly defined written goals are the tools which make achievement of purpose possible. Elite athletes can tell you where they are going, how long it will take them to get there and what steps they will take along the way. They use goal setting for mapping out and obtaining career goals, in addition to tracking and improving skill and performance levels.

The first and most important step in becoming an elite athlete is developing your 'Master Plan'. This is your top of the mountain goal, your pinnacle of achievement. This is you shooting for the stars. Your master plan must be specific, you must give it high priority, it must move you to action and you must maintain focus and integrity until you have reached your pinnacle. This 'Master Plan' is what you would wish and want for if you could achieve anything.

This master plan will provide the stimulation and form the reason and incentive that will cause and direct your activity. To be successful you must pursue your goals relentlessly, regardless of what others may think. After all...to try is to risk failure; the greatest hazard you will face. The safe path would be to risk nothing, but the athlete that risks nothing, does nothing, learns nothing, has nothing and is nothing.

Determining your ultimate dream is the beginning of an exciting process. It is really a journey that will help you discover much about who you are and what makes you tick. It is a journey for which you will need to develop a road map so as not to get lost along the way. You will begin to map out your path on future worksheets, but at this time it's important to identify certain rules to guide you while you travel this journey.





## **RULE 1: LIVE THE JOURNEY**

This is the process of becoming who and what you want to be. You will appreciate things you achieve in your life in direct proportion to the price you pay for them. It means that as you travel this journey you learn much about how you are and how you can continue to achieve certain goals throughout your life. It is about the growth of you as an individual, it is not about the 1st's, 2nd's and 3rd's; these will come as you remain focused on attainment. It is something far more inwardly rewarding.

## **RULE 2: DEFEAT DOUBT**

Defeat doubt through belief, action cures fear, imagination and thoughts determine your future reality.

*“A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worth” Vincent "Vince" Lombardi (1913-1970)*



### **RULE 3: DON'T GET STUCK IN THE MUCK**

Quite simply this means stay focused. Once you begin the journey, see it through to the end. Three important factors to consider:

**Attraction** – Focus on what you want and move toward it with drive and determination. Exhibit an unwavering work ethic.

**Distraction** – Know what you don't like and move away from it.

**Traction** – Focus on what you have to change about yourself to reach the top.

### **RULE 4: EMBRACE PROBLEMS**

If you don't have any problems than your goals might be too small. Realize that if what you're trying to achieve was easy, everyone would be doing it and then it wouldn't necessarily be special. The problems you will face represent opportunities in that they identify areas for your growth. In the end you will appreciate your victories substantially more due to the price you paid for them.

### **RULE 5: DON'T CHASE THE LEADERS - GET IN FRONT OF THEM**

If you're doing what everyone else is doing you will end up where everyone else is going. Elite athletes are willing to do what most other athletes are not willing to do. Find out what makes these athletes tick and eliminate everything else from your routine, habits and attitudes. With your clear focus and planned direction you will soon find yourself leading the pack.

### **RULE 6: FIND CHAMPIONS FOR YOUR CAUSE**

Realize that in order to reach your pinnacle you need help along the way. You need directions, reassurance, resources, and you may even need someone to light your path. You must surround yourself with people that believe in you. Your Self Image is fed by self- praise and the praise from others. Find individuals that will champion your cause.



Keep these rules in mind as you decide what it is you really want to achieve in this sport. Now take the time to write your own Master Plan Contract on the following page.



## THE MASTER PLAN

In the spaces below you must set in stone your purpose. Think big because everything you do from this point forward is focused towards it.

WHAT IS YOUR TOP OF THE MOUNTAIN GOAL, YOUR ULTIMATE DREAM?

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WHEN DO YOU WANT TO ACHIEVE THIS GOAL BY?

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WHAT PRICE ARE YOU WILLING TO PAY (WHAT ARE YOU WILLING TO GIVE UP) TO REACH THE TOP OF YOUR MOUNTAIN?

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LIST THE OBSTACLES THAT COULD PREVENT YOU REACHING THE TOP?

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WHAT CAN YOU DO TO MINIMIZE THE EFFECTS OF SUCH OBSTACLES?

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HOW CAN YOUR COACH/TEAM ASSIST YOU IN REACHING THE TOP?

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This is my personal performance contract...a binding agreement between me and myself. I set the target; I am responsible for the action. I am in control. I am taking responsibility for me, I will not break this contract and as such my self image and achievement will soar.

Signed \_\_\_\_\_ Date \_\_\_\_\_





## Step by Step

You previously signed a contract which outlined your ultimate desire of achievement. As mentioned, everything that happens from this point forward is driven and directed toward fulfilling that end. You are bound to encounter distractions, setbacks and disappointments as you travel this journey.

To minimize the effect of these road blocks, elite performers establish for themselves personal challenges and incremental goals that are realistically achievable relevant to their current performance levels. These goals continue driving the athlete forward in their climb to the top by indicating exactly what is to be accomplished, providing key planning elements, centering focus, holding the performer accountable and minimizing the likelihood of losing sight and drifting away from the master plan.

### **YOUR PERSONAL BESTS**

Every PGA Tour event has only one winner from a field of approximately 144 players. If every player were to enter every tournament with the goal of winning, how many would succeed? One per event. That leaves 143 players who, relative to the goal of winning, failed. Clearly not the reinforcement you should be looking for.

Most elite performers set themselves goals based on 'Personal Bests'. Goals based on factors they can control like their own performance, rather than tournament finish positions which are influenced by the standard of competition or opposition, these being out of their control. Sure they may set themselves a goal to get into position to win an event but they realize that victory in such an event is a bonus that comes from inwardly being a winner and continually beating their own "personal best".



The ultimate reward in sport and life is very plain to see if you actively use this powerful goal getting tool to climb your mountain. Let the steps you take be victories over yourself. Winning in sports means setting and achieving these personal goals, goals related to technical, mental, tactical and performance achievement, goals related to improving your personal bests. In setting these goals you can almost guarantee your success.

## **EFFECTIVE GOAL SETTING**

### **STEP 1: SURVEY YOURSELF**

You must take as much time as necessary to carry out a self-evaluation to form an accurate picture of your current skill and performance level. Identify that there are many factors that are key drivers of your performance. Your self-evaluation should cover all of these 'drivers of performance': From technique to conditioning; from goal setting





to mental skills. Enlist the help of your supporting cast (coach, parents and friends) to complete this step. Use the **Survey Yourself worksheet** to complete this step.

## **STEP 2: UNDERSTANDING & PRIORITIZE**

Know what is required to improve your skills and performance then decide what priority order to assign specific skills (What needs immediate attention). Use the **Sample Goal worksheet** to help you think about these key drivers of your game. This is a key area where you should find help from a capable mentor and coach.

## **STEP 3: GOAL SELECTION**

After identifying strengths and weaknesses, understanding why they are such and prioritizing for their improvement, you must now begin to select your target goals. You should select factors that are relevant to improving your highest priority weakness, elevating these, elevates your performance. Write down the target goals in detail on the **Step by Step goal worksheet**. You should write down both long and short term goals. Be clear and specific in writing these goals and the achievement of these goals must be measurable.

## **STEP 4: PLAN OF ACTION**

Continue using the **Step by Step goal worksheet** to form a plan of action to achieve this Personal Best. You have the goal statement but now you have to give it legs to move in order to take this most important incremental step to the top of your mountain. Quantify everything: Write down time lines, target dates, scores and stat expectations. By doing this you know what you are going to do to take these steps and it allows you to identify when you have achieved this goal.



## **STEP 5: AFFIRMATIONS**

A most important step in this journey...the affirmation keeps our targets present in mind. Always remember: Your thoughts become your reality. We all have the power to control thoughts. By using this tool you can create permanent change.

Towards the bottom of the Step by Step worksheets you will find the affirmation area. I want you to rewrite the entire goal statement. Written in the first person, it should describe the goal, your target date, your plan of action and what you intend to give up in order to reach this target.

***I want you to then copy this statement onto index cards and place them in visible locations.....***



## **STEP 6: CONTINUE DREAMING AND CLIMBING**

Dream your dreams. With the utmost desire you must see yourself achieving your goals and standing at the top of your mountain with arms reaching to the sky. To be elite you must have determination and commitment. Remember...“Winners never quit, and quitters never win.”

## **STEP 7: REVIEW AND REVISE**

Establishing specific and realistic targets and priorities which can be reinforced and periodically revised keeps you right on track. At this stage you have set your stepping stone goals for the next 12 months. You have also decided on time lines, strategies and standards which guide you and indicate when you have succeeded. Now be ready to review and revise what you have written for the following reasons:

- You are ahead of schedule
- You are behind schedule
- Unexpected circumstances required a change of path

## **STEP 8: REWARD YOURSELF**

As you successfully take each of these steps you should recognize this by rewarding yourself. You can decide on the reward but make sure it's something worth wanting, an added bonus.



# Survey Yourself



## THIS SHEET ACCOMPANIES GOAL LIST WORKSHEET

<b>Current Scoring Average</b>	Practice	Competition:	Best 18 hole score:			
			<i>Circle</i>			
<b>Current Fairway %</b>		Misses: Left or Right	Best 18 fway %:			
			<i>Circle</i>			
<b>Current Green %</b>		Misses: Left/Right/Short	Best 18 hole GIR:			
<b>Current Putts per GIR</b>			Best Putts/GIR:			
<b>Current Putts per Round</b>			Best 18 hole putts:			
<b>Current Up &amp; Down %</b>			Best 18 hole up/down:			
<b>Typical Ball Flight:</b>		<b>Typical Misses:</b>				
<b>Average carry distance with:</b>	SW	9 I	7 I	5 I	3 I	Driver
	GW	PW	8 I	6 I	4 I	3 Wood

Physical issues or injuries: (Present and Past) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Current strength and conditioning program: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Current nutritional habits: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



Current/Previous Instructor: (List what you liked and disliked)

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What level of competition do you currently compete: (List events if possible) \_\_\_

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Current Practice Habits:

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Available time to apply towards improvement:

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Strengths in Game

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Weaknesses in Game \_\_\_\_\_

\_\_\_\_\_

Weaknesses in Game \_\_\_\_\_

\_\_\_\_\_

Area for greatest improvement (Make sure it's an area you think will impact bottom line performance)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Goal Selection Worksheet

Use this list as an outline of possible goal setting areas. Read through the list as it may give you an idea of areas in your development you have been neglecting, haven't thought to be important or maybe you haven't even thought about at all. Your goals should cover areas such as: technique, fitness and conditioning, skill refinement, personal development, performance enhancement, tactic and strategy.

Use a priority system of 1 through 5 in identifying in the column on the left the importance of each goal in your development and attainment of your Master Plan. #1 priority for high level importance - #5 priority for low level importance (these may be things you already do well). Use the blanks to fill in other areas you think are important to you.

- \_\_\_\_\_ Mastery of my Ball Striking
- \_\_\_\_\_ Mastery of my Putting
- \_\_\_\_\_ Mastery of my Short game
- \_\_\_\_\_ Improvement of drivers of performance. (Statistical areas)
- \_\_\_\_\_ To improve my course management and tactical skills
- \_\_\_\_\_ To be more aggressive or conservative in competition
- \_\_\_\_\_ To have unwavering self confidence
- \_\_\_\_\_ To have powerful concentration
- \_\_\_\_\_ To be self-motivating
- \_\_\_\_\_ To use my practice time constructively
- \_\_\_\_\_ To be able to relax in competition
- \_\_\_\_\_ To have emotional control at all times
- \_\_\_\_\_ To show commitment and determination at all times
- \_\_\_\_\_ To handle bad breaks and mistakes and have them fuel better performance
- \_\_\_\_\_ Enjoy all aspects of the sport...to have fun
- \_\_\_\_\_ Play with high ethic, good sportsmanship and character
- \_\_\_\_\_ To learn rapidly
- \_\_\_\_\_ To improve my self-image as an athlete and person
- \_\_\_\_\_ To enjoy rapport with my team and my competitors
- \_\_\_\_\_ To adjust to imperfect situations...weather or changes in plans





- \_\_\_\_\_ Seek and provide praise and encouragement
- \_\_\_\_\_ To trust my technique making all performance automatic
- \_\_\_\_\_ To trust my team, my coach and show loyalty
- \_\_\_\_\_ Enjoy practice and conditioning
- \_\_\_\_\_ To improve my level of physical conditioning
- \_\_\_\_\_ To practice each physical and mental skill until perfected

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## Step by Step

What you write here are the means by which you will attain your dream. Working to achieve these goals you are bridging the gap between what and where you are and what and where you want to be.

Step 1 & 2 Self Evaluation and Prioritization: Understanding what's keeping you from reaching the top of your mountain. (Use the **Survey Yourself** and **Sample Goal Worksheets** for help)

Step 3 Goal Selection: Involves setting these stepping stone goals (This Worksheet)

Step 4 Plan of Action: Involves outlining strategies to achieve these target goals (This Worksheet)

**GOAL** (Define the goal and set a time limit/target date.)

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TARGET DATE: \_\_\_\_\_

Why is this important to the Master Plan: \_\_\_\_\_

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**PLAN OF ACTION** (List what you will work on, how long you will work on it and from whom you will seek help.) \_\_\_\_\_

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**PROGRESS** (How will you monitor progress...can you identify when you reach this goal)

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**AFFIRMATION** (Goal Statement written in first person...use I will, I am, I can statements. Include the strategies in this affirmation and a sentence on how achieving this will help you complete your master plan.) \_\_\_\_\_

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**REWARD** (What will be the reward for taking this step) \_\_\_\_\_

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Once you have completed this you should post the affirmation in at least 3 prominent places. This will ensure you are seeing, reading and living the plan. Copy or write the affirmation on an index card...keep one in your car or wallet, one in the bedroom and one on the bathroom mirror at minimum.



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## Weekly Tasks

Use this Journal to record all of the important details from your practice sessions and lessons. If you work with your instructor make sure you write detailed notes on all aspects covered. Together you and your instructor can establish weekly practice tasks which guide your daily activities.

In the space provided make sure you record the amount of time you spend doing each activity.

If you've played or practiced you can write down what you did successfully on that day and what you might need to find help with during the next lesson. The more you're able to measure your practice the better you can judge your progress towards improvement.

Remember to relate everything you do back to how it can help you achieve the goals you set for yourself.



Use the open daily sections to record practice and performance. List things you did well and areas you may need help with. When you work with your instructor be sure and note the information covered and all other important material such as descriptions of drills or equipment changes.

**Weekly Tasks/Goal Direction or statement:**

	<hr/>	
	<hr/>	
	<hr/>	
	<hr/>	

**MONDAY**

**Location:**

**Event:**

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	<hr/>	
	<hr/>	
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**TUESDAY**

**Location:**

**Event:**

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**WEDNESDAY**

**Location:**

**Event:**

	<hr/>	
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**THURSDAY**

**Location:**

**Event:**

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# MEDICUS

## 5 SIMPLE KEYS

Document how you are using your time in the table to the right.

Ideally this should match with your planned practice schedule.

Task	Comp/Play	Practice/Lessons	Physical Training	Mental Rehearsal	Daily Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Saturday

Sunday

Total Hours

**FRIDAY**                      **Location:**                      **Event:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SATURDAY**                      **Location:**                      **Event:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**SUNDAY**

**Location:**

**Event:**

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Use the open daily sections to record practice and performance. List things you did well and areas you may need help with. When you work with your instructor be sure and note the information covered and all other important material such as descriptions of drills or equipment changes.

**Weekly Tasks/Goal Direction or statement:**

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**MONDAY**

**Location:**

**Event:**

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**TUESDAY**

**Location:**

**Event:**

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**WEDNESDAY**

**Location:**

**Event:**

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**THURSDAY**

**Location:**

**Event:**

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# MEDICUS<sup>®</sup>

## 5 SIMPLE KEYS

Task	Comp/ Play	Practice/ Lessons	Physical Training	Mental Rehearsal	Daily Hours
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Document how you are using your time in the table to the right.

Ideally this should match with your planned practice schedule.

Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total Hours					
<b>FRIDAY</b>	<b>Location:</b>		<b>Event:</b>		

<hr/> <hr/> <hr/> <hr/>					
<b>SATURDAY</b>	<b>Location:</b>		<b>Event:</b>		

<hr/> <hr/> <hr/> <hr/>					
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**SUNDAY**

**Location:**

**Event:**

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**MONDAY**

**Location:**

**Event:**


**TUESDAY**

**Location:**

**Event:**


**WEDNESDAY**

**Location:**

**Event:**




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**THURSDAY**

**Location:**

**Event:**

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## 5 SIMPLE KEYS

Task	Comp/ Play	Practice/ Lessons	Physical Training	Mental Rehearsal	Daily Hours
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Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total Hours					

**FRIDAY**      **Location:** \_\_\_\_\_      **Event:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**SATURDAY**      **Location:** \_\_\_\_\_      **Event:** \_\_\_\_\_

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**SUNDAY**

**Location:**

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