

PAR POSSIBLE

FREE PRINTABLE

Break 100 Practice Checklist

A simple round audit, practice guide,
and on-course decision card.

USE IT FOR YOUR NEXT THREE ROUNDS

Track five preventable stroke leaks. Practice the biggest one.
Then make the next round easier to manage.

BETTER GOLF WITHIN REACH

1 - QUICK START

Start with a scoring budget

Breaking 100 does not require eighteen good holes. On a par-72 course, nine bogeys plus nine double bogeys equals 99. Your job is not to chase par. It is to prevent one mistake from becoming three.

Result	Holes	Strokes
Bogey	9	45
Double bogey	9	54
Total	18	99

A bad shot does not need to be recovered immediately. It needs to stop creating the next bad shot.

Your process goal for the next three rounds

Choose one behavior you can control. Examples: no hero shots after trouble; use the club that keeps the tee shot playable; judge long putts by the distance of the second putt.

My process goal

I followed it when

Before you play

- ☐ Choose tees that let you reach most holes with ordinary shots.
- ☐ Pick a playable tee-shot club for narrow or penalty-heavy holes.
- ☐ Write P, R, C, 3P, and D on your scorecard as a reminder.
- ☐ Commit to counting mistakes honestly, without judging the round while you play.

2 - BASELINE

Run the five-leak audit

For three representative rounds, mark the following events. These counts are simpler than a full statistics system and point directly to the next practice priority.

Mark	Leak	What counts
P	Penalty	Any added penalty stroke.
R	Recovery	A shot used mainly to escape trouble.
C	Extra chip	More than one attempt needed to get from near the green onto it.
3P	Three-putt+	Any hole with three or more putts.
D	Decision	A risky choice you recognized before or immediately after the shot.

Three-round audit

Round	Score	P	R	C	3P	D	Biggest pattern
1							
2							
3							
Total							

Choose the highest useful count. If two leaks are close, start with the one that creates the other. For example, penalties may also create recoveries; poor decisions may create both.

My biggest leak

The leak behind it

My practice priority

3 - PRACTICE PRIORITY

Match the leak to the work

Highest leak	Primary focus	What to practice
Penalties	Playable tee ball	Hit to changing targets. Count only balls that would leave a normal next shot. Use the club that gives the best playable pattern - not automatically driver.
Recoveries	Safer targets	Practice choosing the largest safe landing area. Rehearse one-shot escapes instead of low-percentage hero shots.
Extra chips	Get on the green	Use a simple landing target and count how often the first attempt finishes on the putting surface. Seek qualified help for technique.
Three-putts	Pace control	Roll long putts to a finish zone, then make the short second putt. Track both pieces.
Decisions	Pre-shot routine	Name the target, the worst likely miss, and the shot that keeps the hole manageable before swinging.

Your one-session week

- [] 10 minutes: warm up safely and choose the day's target.
- [] 25 minutes: work on the highest leak with a measurable result.
- [] 15 minutes: change targets or conditions instead of repeating one perfect setup.
- [] 10 minutes: simulate three holes and record the decisions and outcomes.

If you have a second session

- [] Use it for short game and putting unless the audit clearly points elsewhere.
- [] Finish with a recorded test you can repeat next week.

If you have a third session

- [] Transfer the plan to a course, par-3 course, or simulated round.
- [] Track P, R, C, 3P, and D again. Do not judge the session only by total score.

4 - SESSION CHECKLIST

Use a focused session

Range / full swing

- ☐ Choose a specific target for every ball.
- ☐ Start with the club that produces a playable tee shot.
- ☐ Change clubs and targets instead of raking balls.
- ☐ Count playable outcomes, not only solid contact.
- ☐ Finish with 3-5 simulated holes.

At home without a net

- ☐ Use a safe area with no full-speed ball flight.
- ☐ Rehearse the pre-shot decision and routine.
- ☐ Practice putting speed to a finish zone.
- ☐ Use a doorway, gate, or alignment line for start direction.

Short game

- ☐ Choose one landing area.
- ☐ Vary the lie or distance after a few attempts.
- ☐ Count first attempts that stay on the green.
- ☐ Practice the simple shot before the difficult one.

Putting

- ☐ Roll long putts to a 3-foot finish zone.
- ☐ Practice short putts on a clear start line.
- ☐ Record a repeatable test result.
- ☐ End after the planned set - not after one lucky make.

Record one useful result

Date / location

Practice priority

Test and result

One thing to repeat

One adjustment

5 - ON-COURSE CARD

Keep the round manageable

Read this before the round and after a bad shot. The goal is not conservative golf for its own sake. The goal is to avoid the chains that turn a manageable hole into a triple or worse.

Off the tee

- ☐ What club keeps the next shot normal?
- ☐ Where is the biggest safe target?
- ☐ What is the worst likely miss?

After trouble

- ☐ Can I return to safety in one shot?
- ☐ Am I trying to recover the score immediately?
- ☐ What choice prevents the next mistake?

Near the green

- ☐ What is the simplest shot that gets on?
- ☐ Where can the ball finish safely?
- ☐ Do I need qualified help with this technique?

On the green

- ☐ What speed leaves the easiest second putt?
- ☐ Where is my intended start line?
- ☐ Can I accept two putts from here?

RESET: Accept the last shot. Name the safe target. Make the next shot boring.

6 - POST-ROUND

Review, then choose the next step

- [] Count P, R, C, 3P, and D before the details fade.
- [] Circle the leak that created the most expensive chains.
- [] Write one decision you want back - without turning it into a swing diagnosis.
- [] Record one thing that worked well enough to repeat.
- [] Choose the next practice priority from the evidence, not the final score alone.

Round review

Date / course

Score

P / R / C / 3P / D

Repeated problem

Useful success

Next priority

Want the complete four-week system?

The 4-Week Break 100 Practice Plan turns this checklist into one-, two-, or three-session weekly schedules, printable trackers, at-home alternatives, and a course card.

parpossible.com/product/4-week-break-100-practice-plan/

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