



Advanced Putting Intake Questionnaire

SECTION 0: PERSONAL DETAILS & PLAYER PROFILE

- Full Name:

- Date of Birth:

- Email Address:

- Phone Number:

- Location / Home Club:

- Occupation / Primary Role:

- How long have you been playing golf?



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- Current Handicap / Index:

- Do you play tournament golf?

- What level of putting performance are you aiming to reach?

- Current putter make & model (length / grip / toe hang if known):

- Dexterity (Right / Left):

- Eye Dominance (Right / Left / Unsure):

- Any injury history relevant to putting (neck, back, wrists, etc):



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- How did you hear about this session / consultation?

SECTION 1: BASELINE AND BACKGROUND

- On a scale of 1-10, how would you currently rate your putting performance?

- What specific putting issues have brought you here today?

- How do you typically practice putting (frequency, environment, structure)?

- What percentage of strokes do you believe you lose per round due to putting?

- What putter model, length, grip, and neck style are you currently using?

SECTION 2: PERFORMANCE UNDER PRESSURE

- Describe how your putting changes in tournament or pressure scenarios.



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- Do you notice any particular physiological changes when standing over an important putt?

- On a scale of 1-10, how well do you maintain your process when you feel under pressure?

- What is your go-to mental strategy before a critical putt?

- Do you notice a pattern of strong starts or finishes in putting during a round?

SECTION 3: VISUAL & PERCEPTUAL PROCESSING

- Are you right or left-eye dominant?

- Do you aim the putter instinctively or through a deliberate visual system?



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- Have you ever had your aim tested or validated with technology?

- Do you trust your visual read on straight putts? What about breaking putts?

- Do you feel more confident with line or with pace?

SECTION 4: SETUP AND BIOMECHANICAL AWARENESS

- Describe your current putting posture and setup.

- Do you maintain consistent eye position over the ball?

- Are there any known restrictions in your neck, thoracic spine, or hips?

- Do you tend to move your head or shift your weight during the stroke?



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- Have you ever been assessed for how your neck mobility influences head rotation and alignment?

SECTION 5: NEURAL PATTERNS & FEEL

- Do you feel connected to the putter head during the stroke?

- Can you feel the face angle at impact?

- When you miss, what does it typically feel like was off?

- Are your stroke errors typically mechanical, feel-based, or mental?

- Do you ever experience "no feel" or disconnect from the putter - especially under pressure?

SECTION 6: STROKE PATTERN INSIGHTS

- Do you have a natural arc or straight-back-straight-through stroke?



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- Are you aware of your stroke tempo? Is it consistent?

- Do you consciously control backswing length, or is it reactive to target distance?

- What feedback (audio, tactile, visual) do you rely on most after a putt?

- Have you ever trained with real-time feedback systems?

SECTION 7: BELIEFS & MENTAL CONSTRAINTS

- What do you believe makes a great putter?

- Do you see yourself as a confident putter?



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- What limiting beliefs or fears do you hold about your putting?

- What stories have you been told about your putting performance?

- When you miss an important putt, what do you say to yourself immediately afterward?

SECTION 8: FOCUS BAND & NERVOUS SYSTEM AWARENESS

- Have you ever trained using FocusBand or other brainwave feedback systems?

- Do you find it easy or difficult to quiet your mind over the ball?

- What kind of internal state results in your best putting?

- Can you recognize the difference between high-frequency and low-frequency states in yourself?



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- Are you able to return to a calm, neutral baseline quickly after a miss?

SECTION 9: ROUTINE AND PROCESS

- Describe your full putting routine from read to execution.

- Do you have a consistent rhythm or flow to your process?

- How often do you deviate from your routine?

- How long do you spend over the ball once you've set up?

- What signals do you use to know when you're fully committed?

SECTION 10: GREEN READING SKILLS & CURRENT ISSUES

- On a scale of 1-10, how confident are you in your ability to read greens accurately?



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- What method(s) do you currently use for reading greens?

- What viewing position causes you the most confusion or misjudgment?

- Do you tend to misread certain types of greens more often?

- Do you use visualisation when reading putts? If yes, describe what you see.

- When you second-guess your read, where does the uncertainty come from?

- How do you typically confirm a read before setting up?

SECTION 11: PUTTING STYLE PREFERENCES & MISS TENDENCIES



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- Which of the following putting styles best describes your natural approach?

- Do you prefer to see the ball drop from a particular side?

- Which type of putt gives you the most confidence?

- What's your typical miss tendency?

- Are your misses usually caused by misread, misstroke, or other factors?

- How often do you consciously change pace or aim depending on green speed?

- Which green speed do you prefer overall?



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- How do you adjust your routine or focus when greens are unpredictable?

- Do you alter your stroke on fast vs slow greens, or try to keep one feel?

- If you could only improve one area, which would it be?

SECTION 12: ROUTINE, CONSISTENCY & PSYCHOLOGICAL VALUE

- Describe your current process or routine for each putt.

- On a scale of 1-10, how consistent is your routine?

- When and why does your routine tend to change or break down?

- Do you feel more emotionally invested in certain types of putts?



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- When a putt carries more perceived value, what internal effects does it trigger?

- After missing a putt that felt "important," what tends to happen emotionally or mentally?

- What does a "good putting day" feel like for you internally?

SECTION 13: CLUTCH PUTTS & POST-MISS RESPONSE

- How do you typically react over a clutch putt - one that really matters to you?

- Do you notice any changes in your body or stroke pattern under clutch pressure?

- What mental dialogue runs through your head over a clutch putt?

- What is your immediate emotional reaction when you miss a putt you wanted to make?



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- Do you replay missed putts mentally later in the round or after the round?

- How long does a missed putt typically stay with you emotionally?

- Do missed putts affect your future putts in a round? If so, how?

- What's your self-talk like after a miss?

SECTION 14: TRACKING, FEEDBACK & SELF-MONITORING

- Do you currently keep stats on your putting performance?

- If yes, what metrics do you track?

- How do you track your stats?



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- Do you review your stats regularly to identify trends or improvement areas?

- Would you be open to integrating more structured feedback and stat tracking into your plan?

SECTION 15: EQUIPMENT & PUTTER FITTING HISTORY

- Have you ever had a professional putter fitting?

- If yes, what technology or system was used in your fitting?

- What was the outcome of your fitting?

- What do you personally look for or value in a putter?



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- What is your current putter? (Make, model, length, grip)

- Do you ever change putters during the season or year to year?

- Do you feel fully confident that your current putter suits your stroke, visual system, and feel preferences?

SECTION 16: PREVIOUS COACHING & TECHNOLOGY EXPOSURE

- Have you ever worked with a putting coach before?

- What areas did previous coaching focus on?

- Have you ever used any of the following technologies for putting analysis?

- If yes, what insights did you gain from those technologies?



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- Were any technical adjustments made based on those assessments?

- What's your current feeling about putting technology in general?

SECTION 17: COACHING GOALS & PERSONAL INTENTIONS

- Describe what you're looking for from this putting consultation.

- What type of coaching approach do you feel you respond best to?

- What would success look like for you after this session or coaching process?