

CLOCK SYSTEM: 2-WEEK MASTER LOG

Daily Carry Distance Calibration (Average of 5-Ball Sets)

Swing Position	Week 1			Week 2		
	S1	S2	S3	S4	S5	S6
CLUB 1 (e.g. 60°): _____						
7:30 (Hip)						
9:00 (Waist)						
10:30 (Shldr)						
CLUB 2 (e.g. 56°): _____						
7:30 (Hip)						
9:00 (Waist)						
10:30 (Shldr)						
CLUB 3 (e.g. 52°): _____						
7:30 (Hip)						
9:00 (Waist)						
10:30 (Shldr)						

Use **RockSeed Laser** to measure 5 shots per session. Enter the average in each box.
 Goal: Identify your high-confidence "carry numbers" for every club in your wedge bag.