



# Doc Griffin Golf Long Distance Fitting Questionnaire

## Personal Information

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email address \_\_\_\_\_

Day Time Phone Number \_\_\_\_\_

Do you prefer to be contacted by phone or email (circle one)

## Peak Performance Fitting

1. Height \_\_\_\_\_ Weight \_\_\_\_\_ Age \_\_\_\_\_

2. Wrist to Floor Measurement.

- Stand comfortably erect in flat shoes, shoulders perfectly level, arms hanging relaxed at your sides and measure the distance from the major crease in the wrist at the base of the palm of your lead swing hand in **inches and fraction of inches** (left hand for Right Hand players). Record the measurement below.

Inches \_\_\_\_\_

3. Physical Strength (as compared to others of your age)

- Below Average \_\_\_\_\_ Average \_\_\_\_\_ Above Average \_\_\_\_\_

4. Athletic Coordination Ability (as compared to others of your age)

If you struggled to be competent in most athletic sports check Below Average \_\_\_\_\_; If you were a better athlete but not among the best check Average \_\_\_\_\_; If you were a standout in most sports you participated in check Above Average \_\_\_\_\_.



## Doc Griffin Golf Long Distance Fitting Questionnaire

5. From the diagram below, please check the one that best describes you posture.



**a** Upright \_\_\_\_\_



**b** Normal \_\_\_\_\_



**c** Bent Over \_\_\_\_\_

6. Do you play Right Handed \_\_\_\_\_ or Left Handed \_\_\_\_\_?

7. What is your Handicap Index (circle one)

- <6.9
- 7 to 12.9
- 13 to 18.9
- 19 to 24.9
- 25 to 31.9
- > 32

8. If no Handicap, please provide your average score for 18 holes. \_\_\_\_\_

9. Average number of Fairways hit per 18 holes (out of 14 potential driver/tee shot holes.) \_\_\_\_\_

10. Average number of Greens hit in regulation per 18 holes. (1shot/par 3; 2 shots/par 4 & 3 shots/par 5  
5 \_\_\_\_\_/18 holes

11. Average number of putts/18 holes \_\_\_\_\_.

12. How many 9 hole Rounds \_\_\_\_\_ and 18 hole Rounds \_\_\_\_\_ do you play/month.

13. How many times do you practice at a Range/month \_\_\_\_\_



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14. Please mark the box near the image that best describes you swing plane.



**a** Flat \_\_\_\_\_



**b** Normal \_\_\_\_\_



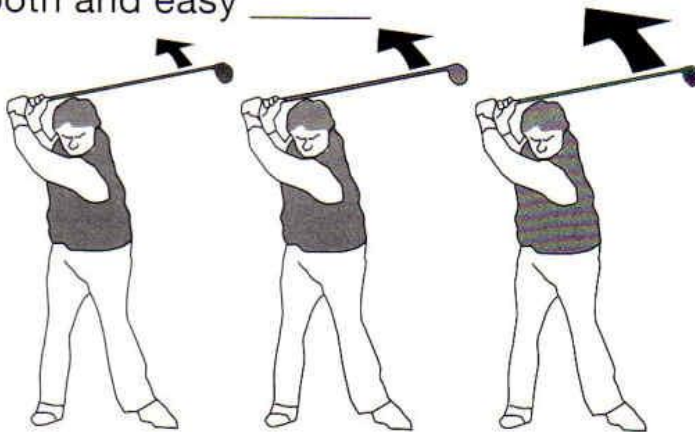
**c** Upright \_\_\_\_\_

15. Please describe the Force and Intensity with which you typically **begin the downswing**.

**a** Forceful and strong \_\_\_\_\_

**b** Average force \_\_\_\_\_

**c** Smooth and easy \_\_\_\_\_



Smooth

Average

Forceful



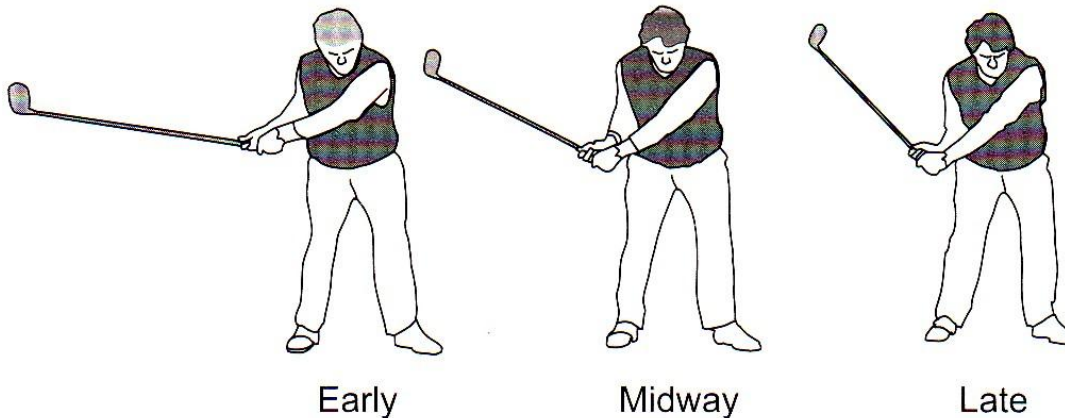
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16. Please describe your overall swing tempo for full shots with woods and irons.

- Quick & Fast \_\_\_\_\_
- Average \_\_\_\_\_
- Smooth & Rhythmic (slightly slow) \_\_\_\_\_

If you have access to a stop watch, have someone measure the time from start of back swing to impact with ball. Take 5 readings and record the average. \_\_\_\_\_

17. Looking at the illustrations below, which one comes closest to your release position (where you start to rotate the forearms)? If possible please provide a Video of your swing from a position behind the Golfer looking down the line at 15 feet and a second looking at the Golfer from face on at a distance of 15 feet. Circle the most appropriate.



18. Do You have any physical discomforts when you play?

- Hand pain or discomfort with the grip \_\_\_\_\_
- Arm, elbow, shoulder, joint pain from impact with the ball \_\_\_\_\_
- Back Pain when you swing or hit the ball \_\_\_\_\_
- Other, describe \_\_\_\_\_

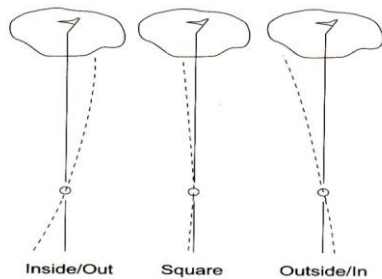
\_\_\_\_\_



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19. What is your most typical swing path?

- Inside to Outside \_\_\_\_\_
- Square \_\_\_\_\_
- Outside to Inside \_\_\_\_\_
- Don't Know \_\_\_\_\_



20. What is your Driver Trajectory/Height

- Low - Lower than most Golfers (height of 20 yds. or lower on launch monitor)
- Medium - about the same as most other golfers (around 27 to 33 yds on Launch Monitor)
- High - Higher than most Golfers (above 35 yds on launch monitor)

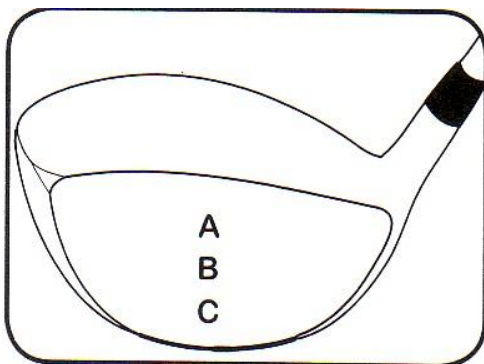
21. What is your Club head Speed? \_\_\_\_\_

How was it measured and with what measuring device.

\_\_\_\_\_

22. What is your **average** carry distance with a 5 iron \_\_\_\_\_ Driver \_\_\_\_\_ 3W \_\_\_\_\_  
5W \_\_\_\_\_

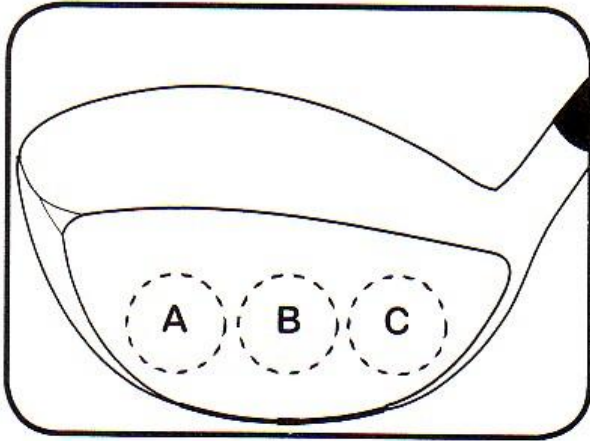
23. What is your typical Vertical Impact position on a Driver \_\_\_\_\_ Fairway Wood \_\_\_\_\_?



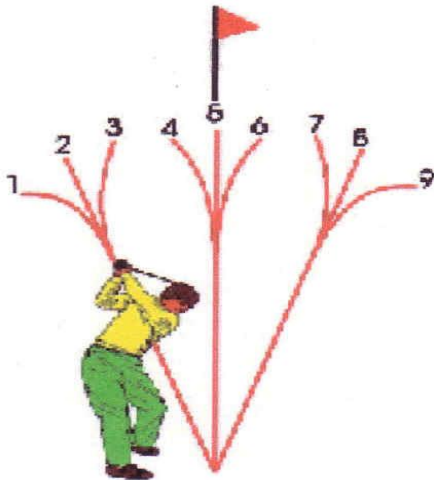


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24. What is your typical Horizontal impact position on your Driver \_\_\_\_\_ and a Fairway Wood \_\_\_\_\_?



25. What is your predominant shot pattern for your Driver \_\_\_\_\_ Fairway Wood \_\_\_\_\_



26. What is the loft of your current Driver? \_\_\_\_\_ Has the Driver ever been checked for loft on a Spec. Gauge. Yes/No If Yes, what was the actual loft \_\_\_\_\_



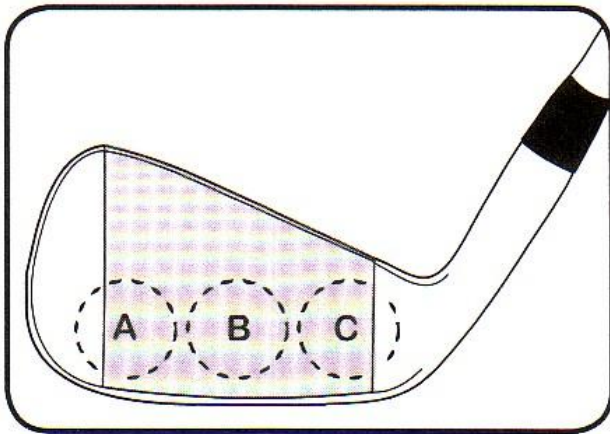
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27. What is your predominant game improvement goal for your Driver and Fairway Woods

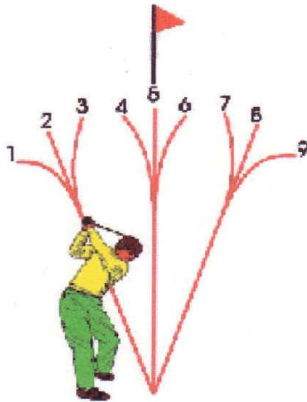
- More Distance \_\_\_\_\_
- Better Accuracy \_\_\_\_\_
- More Consistency \_\_\_\_\_
- Higher Trajectory \_\_\_\_\_
- Lower Trajectory \_\_\_\_\_
- Better Feel at Impact \_\_\_\_\_

28. What is the longest iron you hit solid and on center on a ***consistent basis***. \_\_\_\_\_ iron

29. When you hit the ball off center with an iron, what is your location tendency? \_\_\_\_\_



30. What is the normal flight path of your irons? \_\_\_\_\_





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31. What is the swing speed of your 5 iron or 7 iron \_\_\_\_\_ mph

32. If you are unsure of your swing speed, what is the **carry** distance of your 5 iron shot \_\_\_\_\_ yds? Or 7 iron shot \_\_\_\_\_ yds.

33. Is hitting the ground (fat shot) a frequent or on/off problem with your irons. Yes \_\_\_\_\_  
No \_\_\_\_\_

34. What is your predominant game improvement goal with your irons?

- more distance \_\_\_\_\_
- better accuracy \_\_\_\_\_
- more consistency \_\_\_\_\_
- Higher Trajectory \_\_\_\_\_
- lower trajectory \_\_\_\_\_
- more solid & on center contact \_\_\_\_\_
- improved feel \_\_\_\_\_

35. What is your preference on the Head size of the Driver?

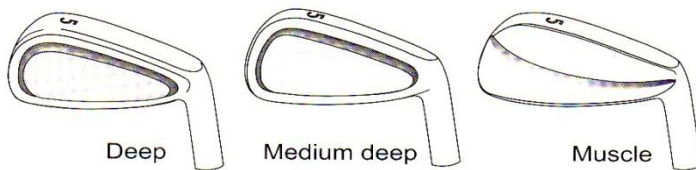
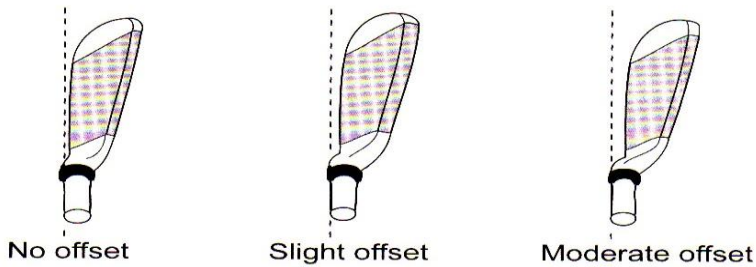
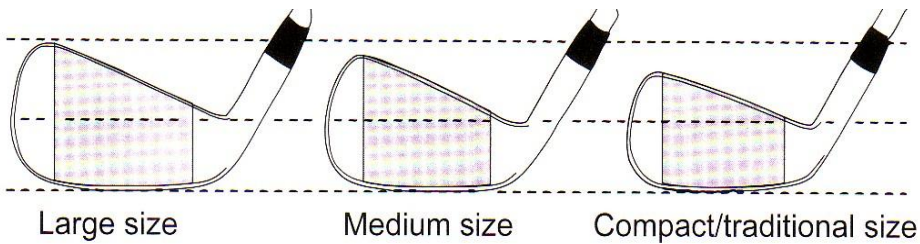
- Very Large - 440 to 460 cc \_\_\_\_\_
- Large - 420 to 440 cc \_\_\_\_\_
- Medium - 380 to 420 cc \_\_\_\_\_
- No Preference \_\_\_\_\_

36. What is your preference for the Driver Head Shape? Describe as best you can or name a driver that you like the way it looks.



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37. What is your Iron size, offset & head type preference.



38. What is your Iron Sole Design Preference?

- I prefer a WIDE Sole \_\_\_\_\_
- I prefer a MEDIUM WIDE Sole \_\_\_\_\_
- I prefer a NARROW Sole \_\_\_\_\_

39. What is your preference of Iron Head Material?

- Investment Cast Stainless Steel \_\_\_\_\_
- Forged Carbon Steel \_\_\_\_\_



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40. What is your preference of Shaft material in the following (Enter Graphite or Steel or No Preference).

- Driver \_\_\_\_\_
- Fairway Woods \_\_\_\_\_
- Hybrids \_\_\_\_\_
- Irons \_\_\_\_\_
- Wedges \_\_\_\_\_

41. What is your preference for the Impact Feel in your Woods?

- I like the feel of a little more flexible or softer feel of the shaft \_\_\_\_\_
- I like a very stiff feel with a more rigid impact feel of the shaft \_\_\_\_\_
- I like to have some impact feel of the shaft \_\_\_\_\_
- No preference if it helps my game \_\_\_\_\_

42. What is your preference for the Impact Feel in your Woods?

- I like the feel to be a little softer at impact but not mushy \_\_\_\_\_
- I like a stiffer impact feel at impact but not overly harsh \_\_\_\_\_
- I like to have some impact feel of the shaft \_\_\_\_\_
- No preference if it helps my game \_\_\_\_\_

43. What is your preference for the Impact Feel in your Irons?

- I like the feel of a little more flexible shaft at impact \_\_\_\_\_
- I like the feel of a little more rigid shaft at impact \_\_\_\_\_
- I like to have some impact feel of the shaft \_\_\_\_\_
- No preference if it helps my game \_\_\_\_\_

44. What is your preference for the Impact Feel in your Hybrids?

- I like a little more flexible impact feel of the shaft \_\_\_\_\_
- I like a very stiff feel of the shaft at impact \_\_\_\_\_
- I like to have some impact feel of the shaft \_\_\_\_\_
- No preference if it helps my game \_\_\_\_\_



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45. Do you have a Grip Material/Composition preference?

- Rubber \_\_\_\_\_
- Synthetic \_\_\_\_\_
- Rubber/Cord \_\_\_\_\_
- Synthetic Cord \_\_\_\_\_
- Arthritic \_\_\_\_\_

46. If you know your grip size, please list here, e.g. +1/64 oversize. \_\_\_\_\_ And do you prefer any additional wraps under the lower hand. (recommended: 1 additional lower hand wrap for each +1/64" oversize. e.g. Grip is +1/32 - add two additional lower hand wraps)

47. Are your divots toe or heel deep? If possible please place a strip of duct tape on the sole of your club and hit a couple balls off a board and then measure the distance from the center of the sole to the center of the mark left on the tape. \_\_\_\_\_

48. Please enter any additional Comments below.