



## Core Value Worksheet

Core Value: Judgment – to make a decision or form an opinion

**Using good judgment is very important in golf. It makes a difference when you are deciding where to hit the ball and what club to use. It also helps you make good choices about your Energy and Safety.**

A PLAYer learns about the Code of Conduct and shows judgment by:

1. Making healthy choices at the golf course, such as being physically active (walking the course), drinking water and eating healthy snacks
2. Making decisions about which clubs to use on a variety of golf shots

What does good JUDGMENT mean to me? \_\_\_\_\_

\_\_\_\_\_

### Away from the First Tee

I showed JUDGMENT at home when I: \_\_\_\_\_

\_\_\_\_\_

Date and place I did this: \_\_\_\_\_

Next time I play golf, I will bring these snacks and drinks for my golf bag to help me play my best: \_\_\_\_\_

\_\_\_\_\_

### HEALTHY HABITS

I used the Healthy Habit of \_\_\_\_\_ at home when I: \_\_\_\_\_

\_\_\_\_\_

Date I did this: \_\_\_\_\_

## **Golf Activity – JUDGMENT**

What unit is used to measure a golf course? Inches? Feet? Yards? Miles? \_\_\_\_\_

What are things I need to think about before leaving my house to play golf? \_\_\_\_\_

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List everything you need to bring with you to the golf course? \_\_\_\_\_

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