

### – Customizing “Your Warm-Up Routine” –

“Joe At His Best” says...

...I **\*“rehearse” some shots I’ll play during the round** to sharpen my competitive edge for the start of the round.

...I get a good feel for playing with the same pre-shot routine and thought processes I’ll use on the course.

...I allow adequate time to **\*warm up with a quality routine** at a relaxed and unhurried pace.

A quality warm up routine doesn’t need to be a lengthy process, but it needs to be intentional towards getting your round off to a good start!!

Check any of these components you would include in **customizing a routine** for your purposes, or use the space below to create a routine in your own words.

- ☐ Allow adequate time to warm up at an unhurried pace.
- ☐ Loosen up and get focused with a few minutes of deep breathing and stretching.
- ☐ Simplify your swing thoughts and get a good feel for visualizing the shot.
- ☐ Get a good feel for your pre-shot routine.
- ☐ Alternate hitting different clubs to different targets.
- ☐ "Rehearse" a few shots as if you’re actually playing them on the course to help sharpen your focus for the start of the round.
- ☐ Get a good feel for your short game and putting stroke, including your full putting routine.

Add your notes and/or create a **customized routine** below in your own words.