



Routine Crafting Challenge Worksheet

"If you continue to do what you've always done, you'll always get what you've always gotten."

Routines are one of the most important things to have, especially in a game like baseball. How can you expect consistent results without a consistent routine? Today we're going to craft your game-day routine! Begin by answering the questions below.

Q1: How long is your commute to the ballpark?

A: _____

Q2: How many minutes early do you like to arrive? When coach says, "Be here at 3:00pm," do you like to show up 5 mins early, 10 mins, 15 mins, 20 mins, 30 mins?

A: _____

Q3: Which elements would you like to begin incorporating into your game day routine? (visualization, reading, yoga, stretching, meditation, listening to music, walking, etc.)

A: _____

Q4: Choose a meal that you'll be able to consistently have on each game day. It doesn't have to be anything fancy, but something that you can stick to and something that'll provide lots of energy, but keep you light.

A: _____

Q5: How long does it take you to get completely ready to go? (Wake up, brush teeth, shower, eat, change into baseball gear, etc.)

A: _____

Alright, you're doing great! Now that you've answered those questions, it's time to actually craft your routine. Let's say you have a game at 4:00pm today. Your coach tells the team to arrive at 2:00pm.

Start out at 2pm and work backwards. Take your answers from Q1, Q2, and Q5. Add them up, then subtract that time from 2pm. This will give you an indication of exactly when you need to start your routine on game day.

Here's an example. Let's say my commute to the ballpark is 10 mins. Let's say I like to arrive 20 mins before coach tells us we need to be there. Let's say it takes me exactly 60 mins from the time I wake up to be completely ready to go.

*10 mins + 20 mins + 60 mins = **90 mins***

Therefore, if coach tells us to be there at 2pm, I need to start my routine at 12:30pm.

