ROUTINE SCRIPT TEMPLATE

Routine Type: _____ *Scenario:* _____

BLOCK & TIME Schedule ( )	PHYSICAL Actions	MENTAL Techniques	SITUATIONAL Manipulations
1 **Realize** Be Calm Start ☐ Time ☐			
2 **Relax** Be Loose Start ☐ Time ☐			
3 **Reason** Be Smart Start ☐ Time ☐			
4 **Revise** Be Adaptive Start ☐ Time ☐			
5 **Refocus** Be Ready Start ☐ Time ☐			

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