



A COACH LEWIS POSTER

TOOL
03

Green-Yellow-Red Awareness

ZONE CHECK

One tool. Print it, post it, run it when the moment calls.

From the Apex Six Mental Performance System.

03

Green-Yellow-Red Awareness

ZONE CHECK

WHEN TO USE

In-game zone check — to know which protocol to run.

HOW TO RUN IT

- 1 GREEN — Locked in.** Body loose, breath natural, mind on the next play. Do nothing — protect it.
- 2 YELLOW — Thinking too much.** Replaying mistakes, over-analyzing. Run The 3-Breath Reset.
- 3 RED — Body tight, breath shallow, narrow vision.** Sub out if possible. Run the ABC Stack on the bench.

TIMING

Self-scan every 2–3 minutes · Becomes automatic in a week

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

Pin to a dugout fence, locker, or gym bag.

SCAN FOR AI COACH





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— *Let's go to work.* —

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