



Q. You played well last week, carried the momentum to this week. Is it just a matter of feeling healthy or do you want to let us in on a little secret? You maybe found something?

JASON DAY: There's no secret, especially for me around this week. I've had some pretty ordinary finishes around here, so I'm just trying to lessen the expectations of last week coming into a week like this. With how the field is, how big the event is, you can bring that expectation up pretty quick, that adds a lot more pressure, so I'm just trying to ease that a little bit and just trying to view the course a little bit differently, if you will. I'm glad I beat my best score by two shots, which is nice, so it's a good start to the week.

Q. Today you played well, 3 under par, and when you missed, five of six in scrambling. Short game was on queue today?

JASON DAY: Yeah, I would say the short game, obviously the short game was great. The position where I left myself was probably key there. I didn't leave myself in too many disastrous spots where I was just kind of really scrambling to get up and down, so I kind of left myself on the fatter side, which was nice. Took the opportunities when I could and then played solid golf tee to green.

Q. Continuation of last week, is it as simple as just the body's just feeling that much better, you're just able to practice and feel that -- feel more consistency kind of coming from that aspect?

JASON DAY: Definitely the body feels a lot better, but it's not so much that. I was just telling Evin earlier that it's just trying to lower the expectations of a course like this with the field that we have and how big the tournament is. Coming off the finishes that we had last week, even to a certain degree Torrey because that was a good start, step in the right direction coming off rehab. Really just trying to just kind of play it down a little bit where I just go out there and take the pressure off, I can just swing.

Q. It kind of frees you up a little bit. Do you kind of feel like, hey, just go play and kind of see where it goes?

JASON DAY: Well, I was very pleased with how I hit it last week, so I was excited to come into a week like this where you actually need to ball-strike it. I need to probably just tidy up a few things off the tee, I think I'm -- sometimes it just feels like I get a little too far underneath and I try to save it with the hands. So try to straighten that out on the driving range tomorrow. But overall, everything's (inaudible.)

Q. You feel those feelings from back in like 2015, 2016, kind of coming back, hey, you know what, I remember those feelings, I remember how I kind of got that momentum going?

JASON DAY: Yeah, it's just more of a steppingstone, you know. Just every tournament I play and every good finish that I have is just another steppingstone to get back to, you know, that feeling again, and ultimately, you know, that's the main -- that's the end goal is to get back there. I've just got to slowly build that confidence and over time I'll have so much confidence and I'll feel so good about my game that I know I'll just go out and play well regardless of how I feel. That's where I'm trying to get back to.

Q. What were those feelings over the weekend at Pebble, getting back in contention?

JASON DAY: Yeah, it was great. Obviously Sunday was tough, but it was nice to be able to get back into contention again. It has been a while. And the crazy thing is I didn't really feel a lot of pressure. It's funny that after a while of not playing well, you feel like you probably get a little bit more desperate to try to get a good finish, but I think this year it just feels a little bit different, especially with the body. That's probably what I'm most happy about is I feel -- overall I feel really good and that's kind of taken away a lot of the stress and the pressure away from me trying to play well is having my body where it needs to be.

Q. How hard was the rehab?

JASON DAY: It wasn't necessarily hard, it was just like -- it was monotonous. It was just like over and over again and it just got so boring, but you had to stay disciplined. So when you rehab it's just like so minute little movements that it's just frustrating. Once again, if you want to feel good, you've got to do it, and if you want to play good, you've got to do it. I still have to be disciplined about doing it right now even though my body feels good.