THE HEARTBEAT OF YOUR ROUTINE
STARTS RIGHT HERE!

Instructions

Once complete [Save] as a PDF on your desktop → Name each PDF according to their team (EX: Program name - Team name - Year)

Visit **www.pulsefx.net** → (CLICK) 8 count sheets → Upload your count sheets → Hit Submit

Name	
Email	
Program Name	
Team Name	
Team Level	
Mix time length	☐ **1:30** ☐ **2:00** ☐ **2:15** ☐ **2:30**
Mix package	

Please tick the boxes below

Are you providing song selections?	Would you like a voice over at the end of your mix?
☐ **Yes** ☐ **No**	☐ **Yes** ☐ **No**

Addition information / Theme ideas / Voiceover ideas

Song Selection

	Song Title	Song Library	Routine Section
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Section								
	Section	1	2	3	4	5	6	7	8
1	LEAD IN								
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27	1:30 END ON 1								
28									
29									
30									
31									
32									
33									
34									
35									
36									
37	2:00 END ON 1								
38									
39									
40									
41									
42									
43									
44									
45									
46									
47	2:30 END ON 1	END							