
Q. First off, great round today. Just wanted to get your thoughts on the opening round and where you stand after one.

JASON DAY: It's good. I'm glad the weather held off, which was nice. Didn't get -- how to explain it? Drove it pretty nice, hit a lot of good quality iron shots, putted really nice, scored well. It was good to not get myself into too many crazy positions out there where I'm grinding for par. Good start of the week. Three more days to go.

Q. T-5 in strokes gained overall today, what did you find and what do you feel good about right now as you're heading into the Playoffs?

JASON DAY: Yeah, I mean, I felt like I was working on a lot of good momentum going into especially last week, from kind of Rocket Mortgage on. Felt like the game was starting to show a lot of good signs, which was nice, not only from, you know, tee to green, but also on the greens. Even though last week I played one round and it looked like I lost stroke -- I did lose strokes to the field in putting, but I actually played really well.

I don't know, it's hard. Like you're always just trying like to just blend everything together and hopefully it will click. I'm not getting too excited about anything right now, just got to stay patient as much as I can because the more and more I start thinking about outcome and being able to get into next week, it just does nothing for me, or at least anything positive for me. It actually gives you more anxiety and a lot of other stuff that comes along with it. Yeah, I feel pretty good about the opening round and looking forward to the rest of the week.

Q. And obviously W/D in the season finale, obviously not ideal, but looks like you're feeling well. Any residual effects from last week?

JASON DAY: I'm just tired. Obviously get a fever Friday morning and I just knew I wasn't going to be able to go. Weekend, felt great. Unfortunately, it was just one of those weird kind of like a flu or something like that, I guess.

But I feel good now. I'm just going to kind of take it easy the rest of the day. I don't feel like I needed to do anything today to kind of build on for tomorrow, I feel like everything's pretty solid. I've just got to kind of stick to the game plan that I come up with in my head and if that doesn't work out, just keep grinding.