

FPS Aiming Formula Outline

- 1. How to maximize performance with the right equipment and settings**
 - a. Computer hardware
 - b. Monitor
 - c. Mouse
 - d. Mousepad
 - e. Mouse bungee (Cable management)
 - f. Mouse skates
 - g. Keyboard
 - h. Audio
 - i. Chair
 - j. Table
 - k. Lighting
- 2. How to optimize your graphics card settings**
 - a. How to set up GPU scaling
 - b. How to adjust GPU picture settings
- 3. How to optimize your in-game settings**
 - a. How to attain higher FPS and increase performance
 - b. How to find your optimal crosshair size
 - c. How to find your optimal crosshair color
 - d. What is a dynamic crosshair and should you use it?
- 4. Aligning your body to maximize aiming performance**
 - a. How to choose your mouse
 - b. How to find your optimal grip
 - c. How to find your forearm alignment
 - d. Positions for your forearm, elbow, and shoulder
 - e. How your chest position affects your aiming
 - f. How to find your optimal back and neck posture for long-term health
- 5. The 6 major aiming motions in all FPS Games that you need to know**
 - a. How to find which aiming motion to develop based on your game
 - b. What is a micro motion and how to improve it
 - c. What is a flicking motion and how to improve it
 - d. What is a swiping motion and how to improve it
 - e. What is smoothing and tracking motion and how to improve them
 - f. What is vertical motion and how to improve it
 - g. How to find your perfect sensitivity
 - h. How to practice your aiming correctly
- 6. How to practice the major aiming motions in Aim Lab**
 - a. Intro to aim labs
 - b. Advanced micro motion drills

- c. Advanced flicking motion drills
 - d. Advanced swiping motion drills
 - e. Advanced smoothing motion drills
 - f. Advanced tracking motion drills
 - g. Advanced vertical motion drills
- 7. How I optimize and fine-tune my aim and sensitivity**
- a. My personal alignments and feelings
 - b. How I optimize my sensitivity in fps games
 - c. My warm-up routine
 - d. What I do when my aiming feels off
- 8. Game factors that influence aiming**
- a. How to rapidly improve your aim through map awareness
 - b. How to rapidly improve your aim through advanced peeking techniques
 - c. Intro to learning weapons
 - d. How to aim with realistic weapons
 - e. How to aim with non-realistic weapons