

What is the dream you want to achieve with this horse?

Place a DOT on here that identifies your horse's main behavior

PROGRESS CHART

HORSE _____ BREED _____
 GENDER _____ AGE _____ D.O.B _____ BEHAVIOR _____



My Big GOAL

WEEKLY FOCUS

WARM UP (5-30 mins)
 Connection, Relaxation, Responsiveness

TRAINING (10-20 mins)
 Choose from Module & Form:
 In Hand • Free • Loose Rein • Contact
 Give Frequent Breaks

COOL DOWN (5+ mins)
 Park • Long Rein walk/trot • Relax • Graze

MODULE # _____

YOU
 Leadership • Emotional Fitness
 • Physical Fitness • Position

1. _____ 1. _____
 2. _____ 2. _____
 3. _____ 3. _____
 4. _____ 4. _____

DATE: _____

Don't confuse warm-up with training. The goals are clear & you learned several techniques in M1,2,3. Pick what you need to achieve the desired goal.

What lessons in your chosen Module are you focused on this week?

Finish on a nice note. That is important for the relationship.

What behavior problems do you need to be mindful of and chip away at solving every day? Do not confuse problem solving with Training (as above). You will be doing both.

TRAINING MODULES

- M01: CONNECTION**
 Match energy • Stay back
 Come to Me • Connection Game
 Best place to be is with me!
 Hrs e BEHAVIOR#IX
- M02: RELAXATION**
 GIVE • Lots of Breaks • Sprink
 Nets Traps • ParkingSpot
 Back-up • Repetition • Mini &
 Modifications • Neck HQ
- M03: RESPONSIVENESS**
 Go • Stop • Park • Handgits
 3 Ways • Backwards • Forwards
 HQ • FQ • Sideways • Fig 8
 Train Lightness vs dullness
 (2017-2018, 2019-2020, 2021-2022)
- M04: CONFIDENCE**
 Expose & Expand • Retreat
 Obstacles • New places
 Other horses • Brovery • Speed
- M05: IMPULSION**
 Balance Go & Slow
 Back up • Sixtair Gait
 Transitions • Numbers
- M06: BENDING**
 Flexible • Mini Bends • Supple
 Lateral & Longitudinal
 Legyields • laterals
- M07: HARMONY**
 I'm doing this, how about you?
 Invisible aids • All exercises
 Positive expression
- M08: AGILITY**
 Readiness • Barking orders
 Effective rider position
 Rapid transitions
 Jumping • Flying changes
- M09: PURPOSE**
 Train skills and exercises
 according to your chosen
 discipline & goals
 Precision • Emotional fitness
- M10: POWER**
 Performance level
 Max effort only 1 day in 4
 Pressure management

What Module# are you focused on? Pick ONE and write the name here too.

What about YOU do you need to focus on this week?

Write down the date. It's important!

These are problems to solve. The modules noted will help address them, but some will need specific strategies.

BEHAVIOR PROBLEMS / PROBLEM SOLVING

Rate severity from 1-10.

Pick top 3 and reduce in severity to be low 3/10 before adding the next one.

Get qualified help for more serious issues or to accelerate results

1. _____ /10
 2. _____ /10
 3. _____ /10

- Manners (M3) • Dominance (M1) • Fear (M4) • Spooking (M4)
- Catching (M1) • Biting (M1) • Kicking (M1) • Leading (M3)
- Pulls Away (M1) • Pushing (M3) • Tying - Pull back (M4)
- Bridling (M2) • Saddling (M2) • Mounting (M2)
- Stand still (M2) • Rearing (M3) • Bucking (M3) • Bolting (M3)
- Trailer (M4) • Vet (M1) • Shoeing & Trimming (M4)
- Herd-Bound (M4) • New Places (M4) • Other Horses (M4)
- Competition (M4) • Water Crossing (M4) • Wind (M4)
- Trail Riding (M4) • Plastic Bags (M4) • Tarps (M4)
- Umbrellas (M4) • Noise (M4) • Brace (M2) • Rushing (M3)
- Lazy (M5) • Collection (M8) • Bit issues (M2)
- Tail switching (M3) • Stiff (M4)