

PROGRESS CHART

HORSE _____ BREED _____

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



My Big GOAL

WEEKLY FOCUS

MODULE #

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

YOU
Leadership • Emotional Fitness
• Physical Fitness • Position

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

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

DATE: _____

TRAINING MODULES

M#1: CONNECTION
Match energy • Stay back
Come to Me • Connection Game
Best place to be is with me!
Horse BEHAVIOR•FIX

M#2: RELAXATION
GIVE • Lots of Breaks • Spirals
Not a Trap • Parking Spot
Back-up • Repetition • Mini &
Maxi flexions – Neck, HQ

M#3: RESPONSIVENESS
Go • Stop • Park • Headlights
3 Ways - Backwards • Forwards
HQ • FQ • Sideways • Fig.8
Train lightness vs dullness
(Soft aids, immediate release)

M#4: CONFIDENCE
Expose & Expand • Retreat
Obstacles • New places
Other horses • Bravery • Speed

M#5: IMPULSION
Balance Go & Slow
Back up • Sustain Gait
Transitions • Numbers

M#6: BENDING
Flexible • Mini Bends • Supple
Latitudinal & Longitudinal
Leg yields • Laterals

M#7: HARMONY
I'm doing this, how about you?
Invisible aids • All exercises
Positive expression

M#8: AGILITY
Readiness • Barking orders
Effective rider position
Rapid transitions
Jumping • Flying changes

M#9: PURPOSE
Train skills and exercises
according to your chosen
discipline & goals
Precision • Emotional fitness

M#10: POWER
Performance level
Max effort only 1 day in 4
Pressure management

BEHAVIOR PROBLEMS / PROBLEM SOLVING

Rate severity from 1-10.

Pick top 3 and reduce in severity to below 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) • Pushy (M3) • Tying - Pull back (M4)
- Bridling (M2) • Saddling (M2) • Mounting (M2)
- Stand still (M2) • Rearing (M3) • Bucking (M3) • Bolting (M1)
- Trailer (M4) • Vet (M1) • Shoeing & Trimming (M4)
- Herd-Bound (M1) • 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 (M5)
- Lazy (M5) • Collection (M8) • Bit issues (M2)
- Tail swishing (M3) • Stiff (M6)