



| Day | | Planned Exercise | Actual Exercise | Physical Observations | Behavior Observations | Weather Conditions | Recommendations for Next Session |
|----------------|-------|-------------------------------------|------------------------------------|-----------------------|------------------------|--------------------|----------------------------------|
| EXAMPLE | | Round pen, walk, trot, light canter | Round pen, walk, trot, transitions | Shedding winter coat | Fresh, a lot of energy | Windy | Spend more time in round pen |
| WEEK 1 | Mon | | | | | | |
| | Tues | | | | | | |
| | Wed | | | | | | |
| | Thurs | | | | | | |
| | Fri | | | | | | |
| | Sat | | | | | | |
| | Sun | | | | | | |
| WEEK 2 | Mon | | | | | | |
| | Tues | | | | | | |
| | Wed | | | | | | |
| | Thurs | | | | | | |
| | Fri | | | | | | |
| | Sat | | | | | | |
| | Sun | | | | | | |
| WEEK 3 | Mon | | | | | | |
| | Tues | | | | | | |
| | Wed | | | | | | |
| | Thurs | | | | | | |
| | Fri | | | | | | |
| | Sat | | | | | | |
| | Sun | | | | | | |





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| EXAMPLE | | Round pen, walk, trot, light canter | Round pen, walk, trot, transitions | Shedding winter coat | Fresh, a lot of energy | Windy | Spend more time in round pen |
| WEEK 4 | Mon | | | | | | |
| | Tues | | | | | | |
| | Wed | | | | | | |
| | Thurs | | | | | | |
| | Fri | | | | | | |
| | Sat | | | | | | |
| | Sun | | | | | | |
| WEEK 5 | Mon | | | | | | |
| | Tues | | | | | | |
| | Wed | | | | | | |
| | Thurs | | | | | | |
| | Fri | | | | | | |
| | Sat | | | | | | |
| | Sun | | | | | | |
| WEEK 6 | Mon | | | | | | |
| | Tues | | | | | | |
| | Wed | | | | | | |
| | Thurs | | | | | | |
| | Fri | | | | | | |
| | Sat | | | | | | |
| | Sun | | | | | | |





| Day | | Planned Exercise | Actual Exercise | Physical Observations | Behavior Observations | Weather Conditions | Recommendations for Next Session |
|----------------------------------|-------|-------------------------------------|------------------------------------|-----------------------|------------------------|--------------------|----------------------------------|
| EXAMPLE | | Round pen, walk, trot, light canter | Round pen, walk, trot, transitions | Shedding winter coat | Fresh, a lot of energy | Windy | Spend more time in round pen |
| W E E K 7 | Mon | | | | | | |
| | Tues | | | | | | |
| | Wed | | | | | | |
| | Thurs | | | | | | |
| | Fri | | | | | | |
| | Sat | | | | | | |
| | Sun | | | | | | |
| W E E K 8 | Mon | | | | | | |
| | Tues | | | | | | |
| | Wed | | | | | | |
| | Thurs | | | | | | |
| | Fri | | | | | | |
| | Sat | | | | | | |
| | Sun | | | | | | |

