

Rate your yourself on a scale of 1-10  
On how you feel right now in each of the following areas

Confidence In Yourself  
1 2 3 4 5 6 7 8 9 10

Confidence with your horse (your skills in handling)  
1 2 3 4 5 6 7 8 9 10

Mental Strength (Positive Mindset)  
1 2 3 4 5 6 7 8 9 10

Habits  
1 2 3 4 5 6 7 8 9 10

Coordination/Balance  
1 2 3 4 5 6 7 8 9 10

Feel Timing Rhythm  
1 2 3 4 5 6 7 8 9 10

Strength & Flexibility  
1 2 3 4 5 6 7 8 9 10

Awareness & Rider Intuition  
1 2 3 4 5 6 7 8 9 10

Rate your horse on a scale of 1-10  
On you how you perceive she/he feels in each of the following areas

Confidence/Trust In Themselves  
1 2 3 4 5 6 7 8 9 10

Confidence/Trust In You  
1 2 3 4 5 6 7 8 9 10

Willingness To Try  
1 2 3 4 5 6 7 8 9 10

Good Attitude To Be Worked & Handled  
1 2 3 4 5 6 7 8 9 10

Coordination/Balance  
1 2 3 4 5 6 7 8 9 10

Rhythm  
1 2 3 4 5 6 7 8 9 10

Strength & Flexibility  
1 2 3 4 5 6 7 8 9 10

Attention/Respect Of You  
1 2 3 4 5 6 7 8 9 10

Rate you & your horse together on how you feel as you communicate as a team  
1 2 3 4 5 6 7 8 9 10

Note here any areas your horse is not sound or experiencing discomfort: \_\_\_\_\_

Re-evaluate weekly to track your progress.