



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.