

Prepare for a better ride

HORSEWRITE

It can be hard to keep on track and set your focus, use these journal pages to start preparing for better rides!

These pages are for you to use, print, and share!

Reach out to Anna any time with comments, suggestions, or questions!



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HORSEWRITE

What is in here?

Print as many pages as you need!

PLANNING AND GOALS WORKSHEET Reflect on your riding goals and start planning to achieve them!

DAILY FOCUS JOURNAL PAGE As you prepare to ride , think about what you have been working on and what you want to focus on today. If you prepare before your ride, you can research any specific exercises or listen to training videos. This will help you have a plan!

GRID PAPER AND ARENA NOTES Writing exercises and patterns can help you visualize and remember patterns.

ARENA PATTERNS Common arena patterns for your reference.

PLANNING AND GOALS

This is what I want to learn...

I want to achieve these goals...

Goal 1

Goal 2

Goal 3

What habits do I need to have to hit these goals?

Now you have goals and know what you want. What are the important milestones? What can you do now, tomorrow, next week, to get there?

Goal 1	Goal 2	Goal 3
What can I start doing today to help pursue this goal?	What can I start doing today to help pursue this goal?	What can I start doing today to help pursue this goal?
Milestones One week One month 6 months ...	Milestones One week One month 6 months ...	Milestones One week One month 6 months ...

to do

today

date

horse

What am I focusing on?

Exercises to practice

What did we do?

ARENA NOTES

date + notes

	M	R	B	P	F	
C	-----					A
	----- X -----					

	H	S	E	V	K	

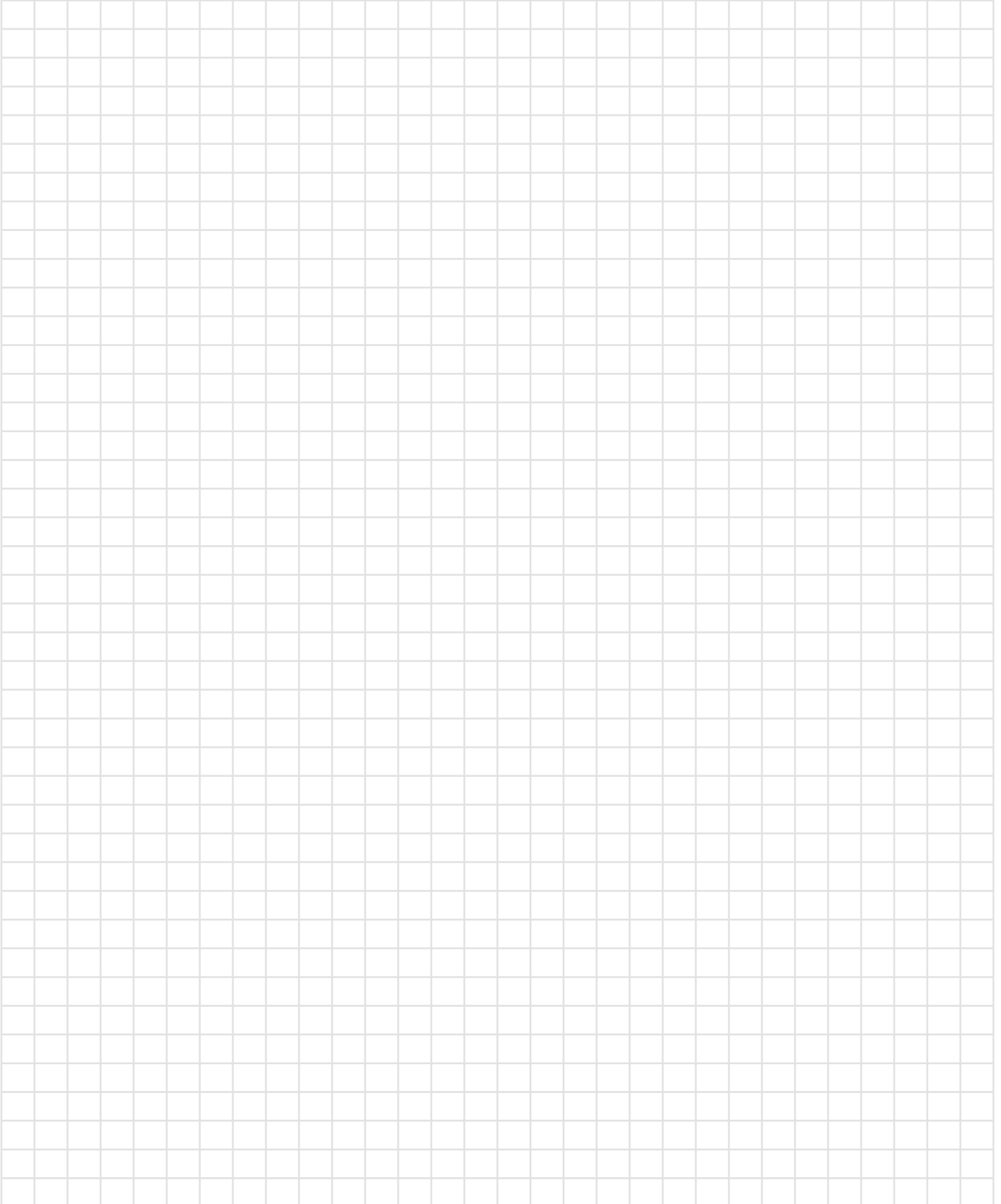
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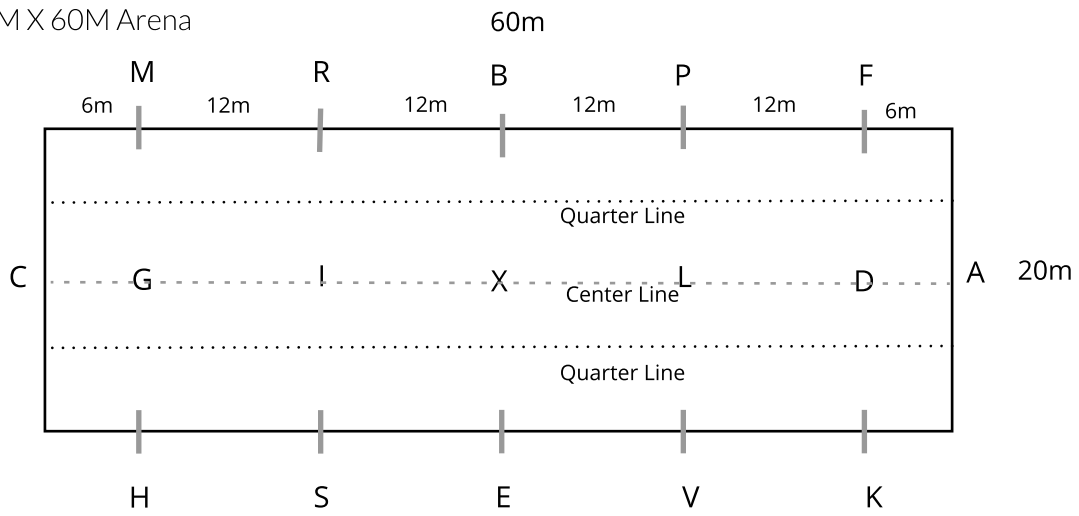
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NOTES FOR EXERCISES & PATTERNS

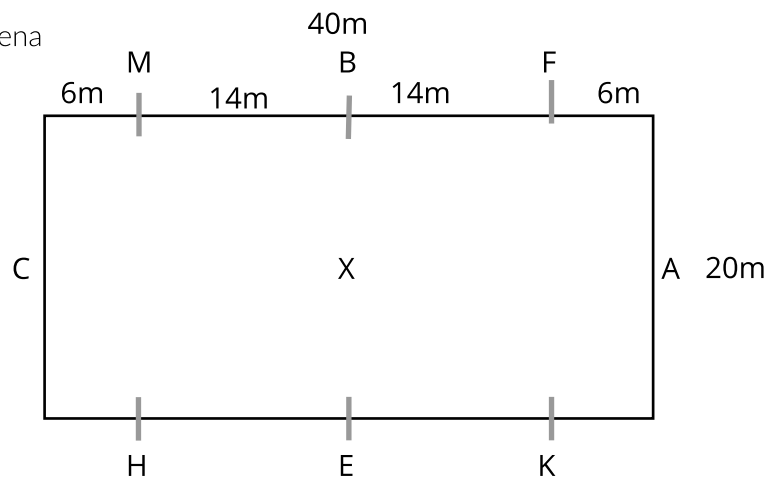


Arena Diagram and Patterns

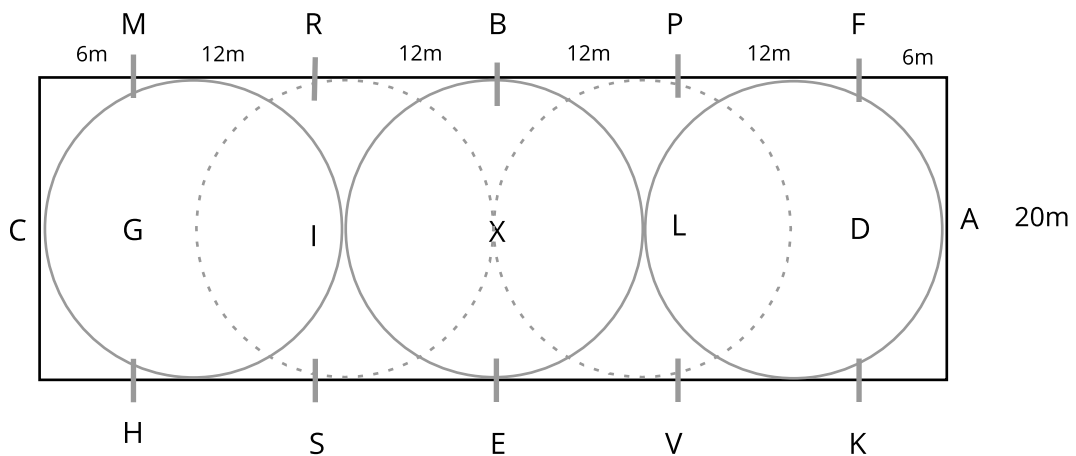
20M X 60M Arena



20M X 40M Arena

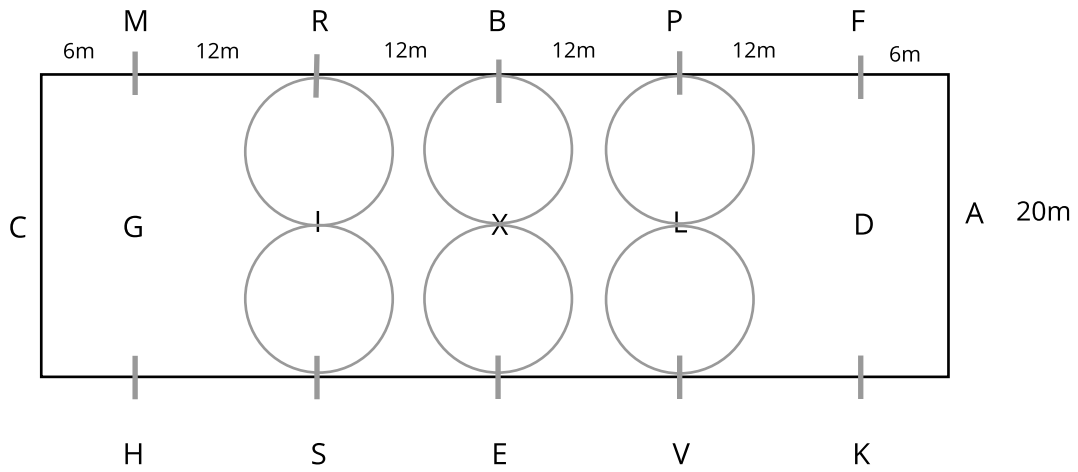


20 Meter Circles

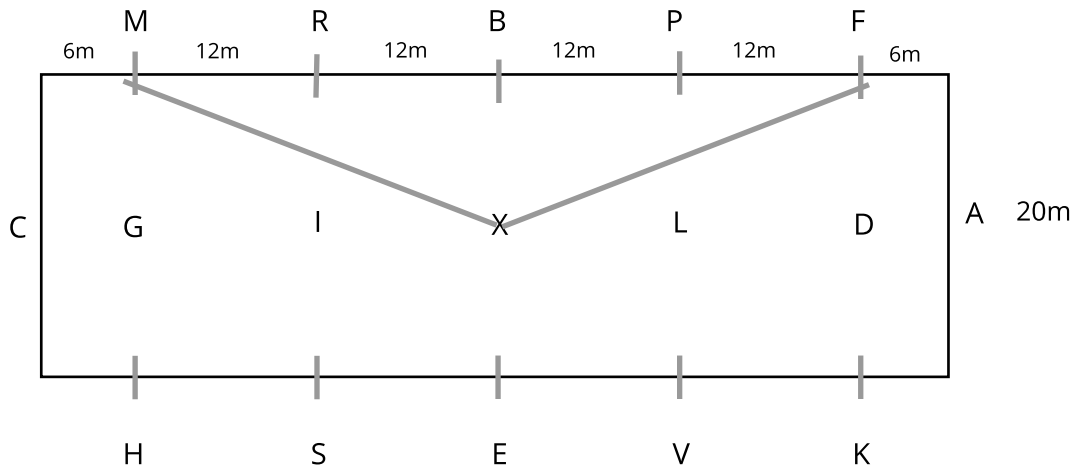


Arena Diagram and Patterns

10 Meter Circles



One Loop / Broken Line



Three Loop Serpentine

