



Cohesive Horsemanship
Trust - Confidence - Respect

Progress Tracking Worksheet

Name of Exercise: _____

Can we?	Week 1	Week 2	Week 3	Week 4
Maintain Relaxation				
Maintain Gait (which gait?)				
Maintain Tempo at which gait?				
Maintain Balance and Bend?				
Change Shape? Long and low to short and poll high?				
Change Bend? Counter Bend, Correct Bend, Shoulder in, Haunches in etc..?				
Add Transitions? Consecutive or non consecutive?				
Get Creative... What else?				

The Basics:

How do the 4 basic movements influence this exercise?

Which of the 4 basics is the easiest for us and which is the hardest?

Warm up - Use the 4 basics in your warm up to test your 'buttons' and seek Relaxation, Responsiveness, and connection....

Week 1

What parts of this exercise do my equine and I do really well?

What parts do we need to work on?

Any notes on week 1:

Week 2

What parts of this exercise do my equine and I do really well?

What parts do we need to work on?

Notes:

Week 3

What parts of this exercise do my equine and I do really well?

What parts do we need to work on?

Notes:

Week 4

What parts of this exercise do my equine and I do really well?

What parts do we need to work on?

Notes: