

# Riding Journal

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Horse: \_\_\_\_\_ Duration: \_\_\_\_\_

Instructor: \_\_\_\_\_

Lesson or Hack

Location: \_\_\_\_\_

Weather: \_\_\_\_\_

Goals:      Accomplished

1. \_\_\_\_\_

2. \_\_\_\_\_

Summary:

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Highlights:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

To Work On:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Notes:

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# *My Riding Goals*

**S**

Specific - Describe your goals

**M**

Measurement - How can you track your progress

**A**

Attainable - How can the goal be accomplished

**R**

Relevant - Why is this goal important

**T**

Time - When will this goal be completed