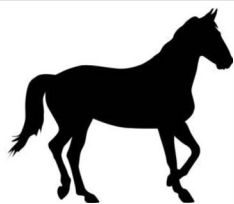


# SET YOUR GOALS. TRACK YOUR PROGRESS.



## ASSESS

### WHAT'S YOUR HORSE'S CURRENT CONDITION?

Note any health, fitness or other specific issues to keep in mind.

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## SET YOUR TOP GOALS FOR THE NEXT 60 DAYS

What do you want to accomplish?

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What are your long-term goals for show season or by the end of the year?

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Think about any fitness milestones, training achievements or specific challenges you'd like to overcome.

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# SET YOUR GOAL

Start Date:    /    /

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\_\_\_\_\_  
\_\_\_\_\_

## POSSIBLE OBSTACLES TO ACHIEVING THE GOAL

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○ \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# KEEP FOCUS

## TRACK PROGRESS

Month:

SUN	MON	TUES	WED	THURS	FRI	SAT