



## MY TRAINING PLAN: THE VISION

NAME: \_\_\_\_\_

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

HORSE'S NAME: \_\_\_\_\_

I WOULD LIKE MY HORSE TO BE ABLE TO...

Pick ONE goal, and state it as clearly as possible!

WHY I WANT MY HORSE TO LEARN THIS:

TOOLS I WILL NEED TO TEACH THIS:

Is my horse sound, pain-free and ready to learn? Or do I first need to evaluate:

HEALTH and SOUNDNESS

TACK FIT

DIET

HOOF CONDITION

ENVIRONMENTAL STRESS

OTHER: \_\_\_\_\_



# MY TRAINING PLAN: THE DETAILS

How many days per week can I train my horse consistently?

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY
- SUNDAY

How much time do I plan to spend training in each session?

\_\_\_\_\_

Remember, more is not always better! 5 consistent minutes a day will get you farther than 50 minutes once a week.

I plan to teach this skill using:

- NEGATIVE REINFORCEMENT (R-, or pressure & release)
- POSITIVE REINFORCEMENT (R+, or clicker training)
- COMBINED TRAINING (R- followed by R+)



What can I do to improve my horse’s learning environment and set us up for success?

For example, provide horse with forage before training, reduce distraction, etc.

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Who can help me with this training project? What educational resources do I have available?

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## MY TRAINING PLAN: ACTION STEPS

### What skills are involved in my training goal?

For example, yielding to pressure, targeting, desensitizing to a specific object, etc.

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What is my starting point? What version of my goal do I think my horse could say "Yes" to NOW?

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Here are some small, progressive steps I could take to get from my starting point to my goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

Feel free to add more on a separate piece of paper!



# MY TRAINING PLAN: REVIEW

CHECK-IN DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

On a scale of 1-10, how well do I think my horse understands the new skill?

1    2    3    4    5    6    7    8    9    10

Any unexpected challenges? Changes to the training plan?

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Can my horse perform the new behavior calmly?  
Or does he/she show signs of tension?

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Don't forget to watch for stress signals during your training sessions, such as tight facial muscles, excessive licking and chewing, triangular eyes, etc.

How can I continue to refine and reinforce this new skill?

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What have I learned from training this skill?

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