

Horse Exercise and Schooling Log

Keep a record of work done so that progress over a block is visible and a pattern of stiffness is noticed early.

What work each horse did — ridden, lunged, turned out or rested — so a week is a record rather than an impression.

A RECORD OF THE WORK, NOT A PROGRAMME

This sheet prescribes no programme and no workload. What a horse should be doing depends on its age, fitness, soundness and what you are training for, and that is a conversation with your instructor and your vet. Nothing here is training advice.

Horse		Rider		Week or month		Goal for this block
Date	Type of work	Duration	Surface or ground	What was worked on	How the horse felt	Notes

Soundness, stiffness or anything to mention to the vet