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| --- | --- | --- | --- | --- | --- | --- |
| **Date**: | | **Participant(s):** | **Equine(s):** | **Equipment/resources:** | | **First Aider**: |
| **Session Goal/s:** | | | | | | |
| **Own Goals:** | | | | | | |
| **Time** | **Task/exercise** | | | | **Coaching points/focus/styles** | |
|  | **Warm Up:** | | | |  | |
|  | **Main content:** | | | |  | |
|  | **Cool-down:** | | | |  | |
| **Evaluation and reflection of session and action for next session:**  **Individual goals:**  **Long term Group goals:**  **Self-reflection:** | | | | | | |