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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:**  |