

B.F.F. Rider Challenge Tracking Form

Balance, Fitness, and Flexibility for the Rider

Activity	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Yoga = 10 points								
Nutritional Training = 5								
Strength Training= 10								
Goal Setting = 5								
Goal Achieving = 10								
At least 10 minutes Visualization= 5								
Meditation= 5								
At least 20 minutes of Cardiovascular workout = 10								
Keeping positive in a tough situation = 5								
Stretching Class = 10								
*1 on 1 session or training while not on a horse = 10								
<i>Other:</i>								
<i>Total Number of points:</i>								

Place a tally mark in the box when you have completed one of the tasks. At the end of the month, add up the total number of points. You must have a witness sign off that you have completed the above tasks in order to qualify.

Witness over the age of 18 Signature: _____ Witness's phone number _____

Witness's e-mail address _____ Date: _____

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Activity	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Yoga = 10 points								
Nutritional Training = 5								
Strength Training= 10								
Goal Setting = 5								
Goal Achieving = 10								
At least 10 minutes Visualization= 5								
Meditation= 5								
At least 20 minutes of Cardiovascular workout = 10								
Keeping positive in a tough situation = 5								
Stretching Class = 10								
*1 on 1 session or training while not on a horse = 10								
<i>Other:</i>								
<i>Total Number of points:</i>								

Place a tally mark in the box when you have completed one of the tasks. At the end of the month, add up the total number of points. You must have a witness sign off that you have completed the above tasks in order to qualify.

Witness over the age of 18 Signature: _____ Witness's phone number _____

Witness's e-mail address _____ Date: _____