



**Fitness Calendar**

Rider		Horse	
Event	Show Dates		Closing Date
Level		Dressage Test	
Meters Per Minute Doubled	Vaccinations		Health Certification
Hotel Reservations			
Personal Goals			

*“No hour of life is wasted that is spent in the saddle.” - Winston Churchill*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

All fitness calendars need to be submitted to Sabrina two months prior to an event.

Calendars should include the following: dressage lessons, stadium lessons, xc lessons, privates, schoolings, clinics, trail rides, gallop/trot sets, days off and anything else pertaining to your horse and your fitness.

Coffin or Hock injections (only last 4-6 months), make a farrier plan (never shoe right before or run on long feet.) Remember to bathe, clean tack, pull mane, clip and pack!

**LET'S MAKE IT THE BEST SHOW SEASON YET!**

Need more help? Schedule a private with Sabrina to go over your goals and calendar!



## Fitness Calendar Continued

Rider	Horse
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

*"There are only two emotions that belong in the saddle; one is a sense of humor and the other is patience." - John Lyons*