

Horse Feeding Worksheet

This worksheet is designed to help you track and manage your horse's diet effectively. Make copies for each of your horses to keep detailed records and optimize their nutrition.

Horse Information

Horse Name: _____

Breed: _____

Age: _____

Weight: _____ lbs

Activity Level: _____ (light work, moderate work, intense work, rest)
Forage

Type of Forage: _____

Amount (lbs/day): _____

Feeding Times:

Morning: _____

Afternoon: _____

Evening: _____

Nutrient Profile (based on hay analysis):

Crude Protein (%): _____

Fiber (%): _____

Energy (Mcal/lb): _____

Concentrates

Type of Concentrates: _____

Amount (lbs/meal): _____

Feeding Times:

Morning: _____

Afternoon: _____

Evening: _____

Supplements

Supplement Name: _____

Amount: _____

Method of Administration: _____

Purpose: _____

Supplement Name: _____

Amount: _____

Method of Administration: _____

Purpose: _____

Water Intake

Daily Water Consumption (gallons): _____

Notes on Hydration: _____

Feeding Schedule

Time	Type of Feed	Amount (lbs)	Notes
6:00 AM	_____	_____	<i>Feed hay before grain</i>
7:00 AM	_____	_____	
12:00 PM	_____	_____	
4:00 PM	_____	_____	
6:00 PM	_____	_____	

Post-Exercise	_____	_____	Provide 1-2 lbs soaked beet pulp after a 15-30 min cool-down for hydration and recovery, ensure water available.
Electrolytes	_____	_____	Follow label directions, consider before and after intense training.
Monitoring	_____	_____	Monitor body condition, adjust feed amounts, and keep feeding times consistent for digestive health.

Body Condition Monitoring

Body Condition Score (BCS): _____ (scale of 1-9)

Changes Observed: _____

Action Steps: _____

Notes Section

Use this space for additional observations, feeding adjustments, or health-related details.

Key Points for Feeding Performance Horses (Supporting Information)

Here are some key points to keep in mind, related to the worksheet:

Forage is the foundation: At least **50% of a horse's daily intake should come from forage**¹². High-quality, leafy hay is preferred.

Fiber is essential: It supports hindgut fermentation, stable blood sugar, and overall digestive health.

Concentrates should supplement, not replace forage. Choose concentrates based on the horse's workload⁴ and introduce them gradually.

Limit Starch: Avoid feeding more than 2 grams of starch per kilogram of body weight per meal to prevent excessive starch from reaching the hindgut, which can lead to colic.

Fat Supplementation: Fat is a concentrated energy source that reduces reliance on high-starch grains.

Maintain Hydration: Always provide access to fresh, clean water.

Electrolyte Balance: Performance horses benefit from electrolyte supplementation, especially after exercise. Choose products where sodium chloride and potassium chloride are the first two ingredients.

Salt: Provide free access to a salt block or loose salt.

Feed Hay Before Grain: To slow the passage of feed through the digestive system, allowing better digestion and reducing the risk of gastric ulcers.

Gradual Changes: Dietary changes should be made gradually, over 7–10 days

Monitor your horse's body condition, manure consistency, and behavior regularly, and adjust their feed as needed¹⁷¹⁸.

This worksheet provides a structured way to implement these feeding principles, helping you keep track of your horse's diet, monitor their health, and make adjustments as needed¹⁷¹⁸¹⁹.