

# Senior Horse Movement Tracker

Horse's Name: \_\_\_\_\_ Week of: \_\_\_\_\_

Goal for the Week:

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## Daily Tracking

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Date: \_\_\_\_\_ (e.g., Monday, 05/06/2025)

Activity: (e.g., Hand Walk, Gentle Hack, Turnout, Ground Poles, Rest)

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Duration: (e.g., 15 minutes, 30 minutes, All Day)

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### Observations – Comfort & Behavior

- Start of Session: \_\_\_\_\_
- During Session: \_\_\_\_\_
- End of Session: \_\_\_\_\_
- Comfort Rating:  Comfortable  Mild Stiffness  Sore  Lamé

Notes / Adjustments Needed (e.g., Kept session short due to stiffness; Will increase time tomorrow)

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Date: \_\_\_\_\_ (e.g., Tuesday, 05/07/2025)

Activity:

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**Duration:**

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**Observations – Comfort & Behavior**

- **Start of Session:** \_\_\_\_\_
- **During Session:** \_\_\_\_\_
- **End of Session:** \_\_\_\_\_
- **Comfort Rating:**  Comfortable  Mild Stiffness  Sore  Lameness

**Notes / Adjustments Needed:**

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*(Repeat this section for each day of the week you want to track.)*

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 **Weekly Summary & Notes**

What patterns did you notice? Did your horse improve, decline, or stay consistent?

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 **Next Week's Goals / Adjustments**

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 *If your horse shows ongoing soreness or lameness for more than two sessions, consult your veterinarian to avoid further discomfort or injury.*