

**Dressage Applied Riding**  
**Free Riding/Teaching Tech Lesson Form**

Date (one form per date) \_\_\_\_\_

Rider Name \_\_\_\_\_

Horse Name \_\_\_\_\_

Teaching Tech Name (if applicable) \_\_\_\_\_

Length of ride \_\_\_\_\_

Arena \_\_\_\_\_

What were your goals for this ride? (continue writing on back of page if necessary) \_\_\_\_\_

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How did you go about achieving those goals? \_\_\_\_\_

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Did you achieve your initial goals? If not, did you amend your goals at some point during the ride? Why?

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Rider Signature \_\_\_\_\_

Tech Signature (if tech lesson) \_\_\_\_\_