



T h e r a p e u t i c R i d i n g /
 H i p p o t h e r a p y P r o g r a m
 McFadden Ranch 2480 Lane 30 1/2

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Dear Client and Parent or Guardian,

Body & Spirit Therapeutic Riding and Hippotherapy Program feels that it is important for each client to have a goal or goals that he or she would like to achieve while participating in the program. This not only benefits you as the client, but it helps the **Body & Spirit** team better serve you. **Body & Spirit** would like you to set a goal(s) for yourself and no goal(s) is too small or big (parent or guardians my assist). The following are examples of a few goals.

Circle any of those that are of interest to you.

<u>SELF</u>	<u>PHYSICAL</u>	<u>OVER-ALL</u>
Develop Horsemanship Skills	Balance	
Improve Self-confidence	Coordination	Just have FUN!
Develop Self-discipline	Strength	
Increase Sense of Trust	Flexibility	
Improve Concept of Responsibility	Muscle Tone	
Increase Patience	Spatial Orientation	
Increase socialization	Fine Motor Skills	
Develop Friendships	Posture	
Increase Recreation/leisure Activities	Sensory Processing	
Increase Sense of Normality	Mobility	
Expand Self-image		
Improve Reaction to New Experiences		

In space below, please add anything else that may not have been noted above that would be beneficial to by participating in this program. Thank-you for your time and thoughts in this matter.
