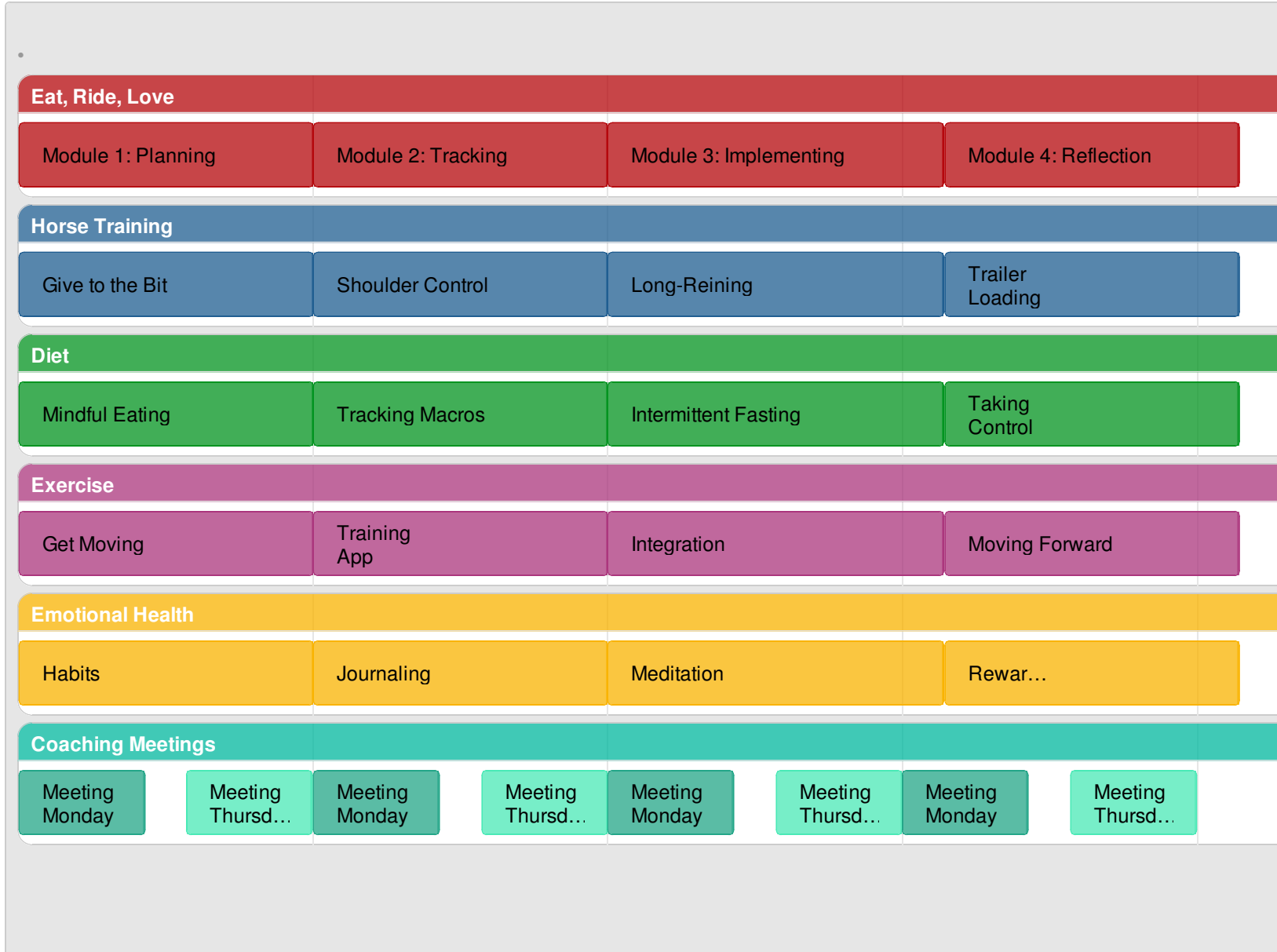


Eat, Ride, Love Roadmap

Goal

- Exercise
- Horse Training
- Monday Meetings
- Thursday Meetings
- Emotional Health
- Diet
- Modules
- Horse Training



Title	Lane	Legend	Description	Strategic Importance
Module 1: Planning	Eat, Ride, Love	■ Modules	By the end of this week you will have a better understanding of your horse's emotional level, how to train simple lessons, your current diet and exercise routines that might need improving and you'll have made a start on developing good habits	
Module 2: Tracking	Eat, Ride, Love	■ Modules	By the end of this week you will have taught your horse shoulder control, learned how to use your training app and be tracking your workouts, learned about macros and the effect different foods have on your body and ramped up your journaling habit.	
Module 3: Implementing	Eat, Ride, Love	■ Modules	By the end of this week you will be feeling confident enough to experiment with each aspect of the course. In the horse training section you'll teach long-reining, the diet section will examine intermittent fasting, you'll integrate some core strength exercises into your weekly routine and develop a regular practice of meditation.	
Module 4: Reflection	Eat, Ride, Love	■ Modules	By the end of this week you will be able to see how the Eat, Ride, Love lifestyle will carry you and your horse through to a happy and healthy future. We will reinforce all that we have learned on the course so far and identify any areas that require more work or effort and address those. This is the final week of new modules and now is the time to really dive into the material.	
Give to the Bit	Horse Training	■ Horse Training	Your horse's emotional level Teaching give to the bit	

Title	Lane	Legend	Description	Strategic Importance
Shoulder Control	Horse Training	■ Horse Training	Turning your Mac truck into a Ferrari by taking the softness in the bridle you learned with give to the bit and now moving those shoulders around	
Long-Reining	Horse Training	■ Horse Training	This may look like lunging but it's so much more educational. Long-reining teaches your horse about softness in the bridle and self-carriage.	
Trailer Loading	Horse Training	■ Horse Training	This is a wonderful lesson, even for those horses that load 'quite' well.	
Mindful Eating	Diet	■ Diet	Becoming aware of what and when we eat. Planning and following a plan.	
Tracking Macros	Diet	■ Diet	Take a deeper dive into what we eat and how it effects our minds and bodies.	
Intermittent Fasting	Diet	■ Diet	It's not all about 'what' you eat, 'when' you eat is also important. Here we look at decreasing the size of our eating window to improve overall health.	
Taking Control	Diet	■ Diet	With our new understanding of how food affects our mind and body, what and how often we should eat, it's time to experiment and have some fun while taking control of health.	
Get Moving	Exercise	■ Exercise	This week we will begin to measure our activity level in preparation for next week's introduction of scheduled workout routine.	
Training App	Exercise	■ Exercise	This week you will get to know your training app and start to track your workouts.	
Integration	Exercise	■ Exercise	Integrating some additional exercises into your daily routine.	

Title	Lane	Legend	Description	Strategic Importance
Moving Forward	Exercise	■ Exercise	Where do we go from here? How to make your recent changes permanent.	
Habits	Emotional Health	■ Emotional Health	Much of what we do each day is a matter of habit. We'll look at how to change habits and how to set some new, healthy habits.	
Journaling	Emotional Health	■ Emotional Health	Use your workbook or get yourself a book or online journal. This is a wonderful practice that will make a big difference to your health and fitness journey.	
Meditation	Emotional Health	■ Emotional Health	Gratitude and meditation are both very important practices and not as difficult as you might think.	
Rewards	Emotional Health	■ Emotional Health	Learning to reward ourselves appropriately and in a health-enhancing way.	
Meeting Monday	Coaching Meetings	■ Monday Meetings	Monday 8am	
Meeting Thursday	Coaching Meetings	■ Thursday Meetings	Thursday 6pm https://zoom.us/j/8458298338	
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