



Ride or Stride Activity Log

Quick Guide to Completing Your Quarterly Log

HOW TO USE YOUR LOG

Record the **date** and a brief **description of each activity**. Complete the number of activities required for your participation option. The program operates on the **honor system**, and activities are self-paced and completed at home or at your barn.

MAX PER DAY

Up to two activities may be done in a day per challenge.

MULTIPLE HORSES

Use separate tracking for each enrolled horse when required.

SUBMISSION

Submit your completed log to AHCC by the applicable quarter deadline.

PARTICIPATION OPTIONS AT A GLANCE

1. Standard Horse - 12 activities

For riders working with their own or leased horse. **Complete 12 activities per quarter.**
COUNTS

Riding; groundwork; driving; lessons or clinics; conditioning; obstacle/pattern work; horse-related events or club activities.
DOES NOT COUNT

Feeding, mucking, turnout; basic grooming/tacking; routine vet or farrier visits.

2. Lesson Rider - 8 activities

Use lesson or school horses. Record under "**Lesson Horses**". **Complete 8 activities per quarter.**
COUNTS

Riding lessons; practice rides; assisting with lesson preparation; barn learning activities that support horsemanship.

3. Non-Riding Participant - 10 activities

For horse enthusiasts who are not riding. **Complete 10 activities per quarter.**
COUNTS

Groundwork; liberty; therapy activities; horse-related events or club activities; barn learning activities.
DOES NOT COUNT

Feeding, mucking, turnout; basic grooming/tacking; routine vet or farrier visits.

4. Non-Riding Horse - 10 activities

For rehab, young, or senior horses unable to be ridden. **Complete 10 activities per quarter.**
COUNTS

Hand walking; grazing; mobility exercises; grooming for circulation/bonding; appropriate groundwork; vet-directed rehab; therapy activities.
DOES NOT COUNT

Routine daily care unless veterinarian-directed OR performed with intent beyond normal care.

For full details, refer to the AHCC Ride or Stride Awards Program rules.



Ride or Stride Activity Log

Record the activities required for your selected participation option

Participant Name

Horse / Lesson Horses

Quarter

☐ 2026 July - September

☐ 2026 October - December

Option

☐ 1

☐ 2

☐ 3

☐ 4

Required totals: Option 1 = 12 | Option 2 = 8 | Option 3 = 10 | Option 4 = 10

#	DATE	DESCRIPTION OF ACTIVITY
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Complete only the number of entries required for your option. Up to two activities may be completed in a day per challenge.