

## WEEKLY DIARY



### ***Congratulations!***

You are about to embark on a 60 day journey to better health, well-being and performance for you and your horse.

Using SUCCEED is easy. But changes can be subtle and gradual over time. That's why it is helpful to take photos and keep this short diary of your observations. Pay attention to every aspect of your horse's physical and mental wellness. You may be surprised at how a healthy digestive system can allow a horse to achieve great things in physical appearance, its attitude and its physical ability.

It's all in your hands...and it's just 60 days away. Get started now, good luck, and most of all, have fun.

### **How to Feed SUCCEED**

Feed the horse SUCCEED twice each day for the first week to ten days, then once each day thereafter. Follow the use instructions provided inside the carton. (Start with the SUCCEED Oral Paste, which ensures the horse gets the product and gets used to it. Then, if you purchased the SUCCEED Granules, you can switch after the first 30 days to top-dressing with granules.)

### **How to Keep Your Diary**

Make diary entries once each week, starting with week 0 (before you start on SUCCEED). Rate your satisfaction with your horse's condition in each of the following attribute areas:

- Appearance • Temperament
- Performance • Health

Take a "before" photo before you start. Take a photo at 30 days and then again at the end of the 60 day program (your "after" photo).



### **Questions?**

We're here to help you.

Web: [www.succeed-equine.com](http://www.succeed-equine.com)

Email: [support@succeed-challenge.com](mailto:support@succeed-challenge.com)

Phone: 866-270-7939

**SUCCEED**<sup>®</sup>  
Digestive Conditioning Program<sup>®</sup>  
*My horse at its best.™*

Your Name: \_\_\_\_\_

Horse's Name: \_\_\_\_\_

## Week 0



Date: \_\_\_\_\_

General Comments/Observations: \_\_\_\_\_

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Each week, rate your satisfaction with your horse's condition in the following attribute areas:

- Appearance
- Temperament
- Performance
- Health



Take your "before" photo now.

### APPEARANCE

Rate your satisfaction with your horse's APPEARANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's APPEARANCE:

- COAT – is the coat rough, matted and dull? Or is the coat shiny, dappled and "healthy" looking?
- WEIGHT – is your horse's weight solid and consistent, or does the horse have difficulty keeping weight on?
- BODY CONDITION – does your horse appear weak, thin and bony, or muscular and firm?

### TEMPERAMENT

Rate your satisfaction with your horse's TEMPERAMENT on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's TEMPERAMENT:

- ALERTNESS – is your horse distracted and disengaged, or focused and "in the moment?"
- ATTITUDE – is your horse difficult and ornery, or friendly, easy going and pleasant?
- BEHAVIOR – is your horse outgoing and enthusiastic or withdrawn? Does he act up?
- NERVOUSNESS – does your horse seem edgy and skittish, or calm and relaxed?

### PERFORMANCE

Rate your satisfaction with your horse's PERFORMANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's PERFORMANCE:

- ENERGY – does your horse seem lethargic or hyper, or is the energy strong and even?
- STAMINA – does your horse tire easily, or support a long training session with "gas in the tank?"
- EXERCISE RECOVERY – is your horse spent after training, or is he back to his old self quickly?
- PHYSICAL ABILITY – is the horse limited, or can he easily turn each direction, collect and extend?

### HEALTH

Rate your satisfaction with your horse's HEALTH on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's HEALTH:

- MANURE – is the horse prone to chronic or acute diarrhea, or is manure regular and consistent?
- APPETITE – does your horse eat well at every meal, and keep its weight on?
- GENERAL – is the horse prone to colic, ulcers, or general illness, or generally is he healthy?

### Questions?

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**Note:** Always consult with your veterinarian before starting any supplement or feed program. If you have any questions about your horse's health or specific conditions in your horse, ask your veterinarian.



## Week 1



Date: \_\_\_\_\_

General Comments/Observations: \_\_\_\_\_

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Each week, rate your satisfaction with your horse's condition in the following attribute areas:

- Appearance
- Temperament
- Performance
- Health

tip:

Feed SUCCEED twice each day for the first week to ten days.

### APPEARANCE

Rate your satisfaction with your horse's APPEARANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's APPEARANCE:

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- BODY CONDITION – does your horse appear weak, thin and bony, or muscular and firm?

### TEMPERAMENT

Rate your satisfaction with your horse's TEMPERAMENT on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

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### HEALTH

Rate your satisfaction with your horse's HEALTH on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

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## Week 2



Date: \_\_\_\_\_

General Comments/Observations: \_\_\_\_\_

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Each week, rate your satisfaction with your horse's condition in the following attribute areas:

- Appearance
- Temperament
- Performance
- Health

tip:

Start the program with SUCCEED Oral Paste for best results.

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### APPEARANCE

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1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's APPEARANCE:

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- BODY CONDITION – does your horse appear weak, thin and bony, or muscular and firm?

### TEMPERAMENT

Rate your satisfaction with your horse's TEMPERAMENT on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's TEMPERAMENT:

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1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's PERFORMANCE:

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- EXERCISE RECOVERY – is your horse spent after training, or is he back to his old self quickly?
- PHYSICAL ABILITY – is the horse limited, or can he easily turn each direction, collect and extend?

### HEALTH

Rate your satisfaction with your horse's HEALTH on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's HEALTH:

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- GENERAL – is the horse prone to colic, ulcers, or general illness, or generally is he healthy?

## Week 3



Date: \_\_\_\_\_

General Comments/Observations: \_\_\_\_\_

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Each week, rate your satisfaction with your horse's condition in the following attribute areas:

- Appearance
- Temperament
- Performance
- Health

### APPEARANCE

Rate your satisfaction with your horse's APPEARANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's APPEARANCE:

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### TEMPERAMENT

Rate your satisfaction with your horse's TEMPERAMENT on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's TEMPERAMENT:

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- NERVOUSNESS – does your horse seem edgy and skittish, or calm and relaxed?

### PERFORMANCE

Rate your satisfaction with your horse's PERFORMANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's PERFORMANCE:

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- PHYSICAL ABILITY – is the horse limited, or can he easily turn each direction, collect and extend?

### HEALTH

Rate your satisfaction with your horse's HEALTH on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's HEALTH:

- MANURE – is the horse prone to chronic or acute diarrhea, or is manure regular and consistent?
- APPETITE – does your horse eat well at every meal, and keep its weight on?
- GENERAL – is the horse prone to colic, ulcers, or general illness, or generally is he healthy?



Use SUCCEED with feed or immediately prior to feeding.

### Questions?

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## Week 4



Date: \_\_\_\_\_

General Comments/Observations: \_\_\_\_\_

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Each week, rate your satisfaction with your horse's condition in the following attribute areas:

- Appearance
- Temperament
- Performance
- Health



Take a 30-day progress photo now.

### APPEARANCE

Rate your satisfaction with your horse's APPEARANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's APPEARANCE:

- COAT – is the coat rough, matted and dull? Or is the coat shiny, dappled and "healthy" looking?
- WEIGHT – is your horse's weight solid and consistent, or does the horse have difficulty keeping weight on?
- BODY CONDITION – does your horse appear weak, thin and bony, or muscular and firm?

### TEMPERAMENT

Rate your satisfaction with your horse's TEMPERAMENT on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's TEMPERAMENT:

- ALERTNESS – is your horse distracted and disengaged, or focused and "in the moment?"
- ATTITUDE – is your horse difficult and ornery, or friendly, easy going and pleasant?
- BEHAVIOR – is your horse outgoing and enthusiastic or withdrawn? Does he act up?
- NERVOUSNESS – does your horse seem edgy and skittish, or calm and relaxed?

### PERFORMANCE

Rate your satisfaction with your horse's PERFORMANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's PERFORMANCE:

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- STAMINA – does your horse tire easily, or support a long training session with "gas in the tank?"
- EXERCISE RECOVERY – is your horse spent after training, or is he back to his old self quickly?
- PHYSICAL ABILITY – is the horse limited, or can he easily turn each direction, collect and extend?

### HEALTH

Rate your satisfaction with your horse's HEALTH on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's HEALTH:

- MANURE – is the horse prone to chronic or acute diarrhea, or is manure regular and consistent?
- APPETITE – does your horse eat well at every meal, and keep its weight on?
- GENERAL – is the horse prone to colic, ulcers, or general illness, or generally is he healthy?

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## Week 5



Each week, rate your satisfaction with your horse's condition in the following attribute areas:

- Appearance
- Temperament
- Performance
- Health

**tip:**

During competition, give your horse two servings each day.

### Questions?

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**Note:** Always consult with your veterinarian before starting any supplement or feed program. If you have any questions about your horse's health or specific conditions in your horse, ask your veterinarian.



Date: \_\_\_\_\_

General Comments/Observations: \_\_\_\_\_

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### APPEARANCE

Rate your satisfaction with your horse's APPEARANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's APPEARANCE:

- COAT – is the coat rough, matted and dull? Or is the coat shiny, dappled and "healthy" looking?
- WEIGHT – is your horse's weight solid and consistent, or does the horse have difficulty keeping weight on?
- BODY CONDITION – does your horse appear weak, thin and bony, or muscular and firm?

### TEMPERAMENT

Rate your satisfaction with your horse's TEMPERAMENT on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's TEMPERAMENT:

- ALERTNESS – is your horse distracted and disengaged, or focused and "in the moment?"
- ATTITUDE – is your horse difficult and ornery, or friendly, easy going and pleasant?
- BEHAVIOR – is your horse outgoing and enthusiastic or withdrawn? Does he act up?
- NERVOUSNESS – does your horse seem edgy and skittish, or calm and relaxed?

### PERFORMANCE

Rate your satisfaction with your horse's PERFORMANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's PERFORMANCE:

- ENERGY – does your horse seem lethargic or hyper, or is the energy strong and even?
- STAMINA – does your horse tire easily, or support a long training session with "gas in the tank?"
- EXERCISE RECOVERY – is your horse spent after training, or is he back to his old self quickly?
- PHYSICAL ABILITY – is the horse limited, or can he easily turn each direction, collect and extend?

### HEALTH

Rate your satisfaction with your horse's HEALTH on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's HEALTH:

- MANURE – is the horse prone to chronic or acute diarrhea, or is manure regular and consistent?
- APPETITE – does your horse eat well at every meal, and keep its weight on?
- GENERAL – is the horse prone to colic, ulcers, or general illness, or generally is he healthy?

## Week 6



Date: \_\_\_\_\_

General Comments/Observations: \_\_\_\_\_

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Each week, rate your satisfaction with your horse's condition in the following attribute areas:

- Appearance
- Temperament
- Performance
- Health



Keep plenty of free hay available for your horse.

### Questions?

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### APPEARANCE

Rate your satisfaction with your horse's APPEARANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's APPEARANCE:

- COAT – is the coat rough, matted and dull? Or is the coat shiny, dappled and "healthy" looking?
- WEIGHT – is your horse's weight solid and consistent, or does the horse have difficulty keeping weight on?
- BODY CONDITION – does your horse appear weak, thin and bony, or muscular and firm?

### TEMPERAMENT

Rate your satisfaction with your horse's TEMPERAMENT on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's TEMPERAMENT:

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- BEHAVIOR – is your horse outgoing and enthusiastic or withdrawn? Does he act up?
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### PERFORMANCE

Rate your satisfaction with your horse's PERFORMANCE on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's PERFORMANCE:

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### HEALTH

Rate your satisfaction with your horse's HEALTH on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's HEALTH:

- MANURE – is the horse prone to chronic or acute diarrhea, or is manure regular and consistent?
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## Week 7



Date: \_\_\_\_\_

General Comments/Observations: \_\_\_\_\_

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Each week, rate your satisfaction with your horse's condition in the following attribute areas:

- Appearance
- Temperament
- Performance
- Health



Keep SUCCEED in a cool, dry place, especially in summer months.

### Questions?

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### APPEARANCE

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1      2      3      4      5

Comments: \_\_\_\_\_

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### TEMPERAMENT

Rate your satisfaction with your horse's TEMPERAMENT on a scale of 1 to 5. (Circle one.)

1      2      3      4      5

Comments: \_\_\_\_\_

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Comments: \_\_\_\_\_

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### HEALTH

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1      2      3      4      5

Comments: \_\_\_\_\_

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## Week 8



Each week, rate your satisfaction with your horse's condition in the following attribute areas:

- Appearance
- Temperament
- Performance
- Health



Take your "after" photo now.

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Date: \_\_\_\_\_

General Comments/Observations: \_\_\_\_\_

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### APPEARANCE

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Comments: \_\_\_\_\_

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Comments: \_\_\_\_\_

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Comments: \_\_\_\_\_

Here are some things to look for relative to your horse's HEALTH:

- MANURE – is the horse prone to chronic or acute diarrhea, or is manure regular and consistent?
- APPETITE – does your horse eat well at every meal, and keep its weight on?
- GENERAL – is the horse prone to colic, ulcers, or general illness, or generally is he healthy?