

Home recording sheet

Cowboy & stalk walk

Date	Time spent	Comments

Summary of goals

Tick the box when these goals for cowboy & stalk walk are achieved

Goal 1	Cowboy walk forwards and backwards with heels together, toes out while keeping thumbs turned inwards.	
Goal 2	Stork walk forwards and backwards with heels in, toes together, while keeping thumbs turned outwards.	