

Form 8.4.  
**Bridge Exercise Tracking Form**

Day/Time	Situation	Step 1 Hold Steady	Step 2 Rewind and Replay	Step 3 Identify Carrier and Trick	Step 4 Null- Point Stillness	Step 5 The Five Doorways	Step 6a Hop-on or Hop-off	Step 6b Agency and Ownership	Notes
							On/Off		
							On/Off		
							On/Off		
							On/Off		
							On/Off		
							On/Off		
							On/Off		
							On/Off		

Instruction: Use a scale from 1-10 to indicate how well you able to complete each of the steps step 1 to 6. For step 7, circle what choice you made in the end. Use the note section for observations and comments accompanying each exercise.