



## KEEP TRACK OF YOUR POTTY TRAINING WITH THIS DAILY WORKSHEET

Your Goal: accident-free within three weeks

- Be prepared. Choose a high value treat that will smell strong and be super tasty.
- Purchase a training pouch if you don't already have one and keep the pouch loaded in the fridge. Before you leash up your puppy to go out to potty put this pouch on. The more prepared you are the more likely you will avoid accidents. Reward immediately at the location of the potty.
- Always take your puppy out to potty after these events: right after a meal, *immediately* after waking up, after a playing or training session.
- Treat accidents like they're "no big deal". If you didn't see it happen, it's too late to punish (and we don't punish in the first place ever!) If you yell or frighten your puppy, they will only learn to be more sneaky next time. Just take your puppy out immediately, then return inside to clean up the mess.



**PRO TIP:** Make sure that you're using a cleaner with odor neutralizing enzymes. (Nature's Miracle is a good option)

## CHART THE DAY

MAKE A NOTE OF ANY DIET OR WEATHER CHANGES, OR DISTRACTIONS.

Date ..... Weather .....



RISE & SHINE Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_  
Notes \_\_\_\_\_

BREAKFAST Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_  
Notes \_\_\_\_\_

ACTIVITY Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_  
Notes \_\_\_\_\_



REST/sleep Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_  
Notes \_\_\_\_\_

ACTIVITY Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_  
Notes \_\_\_\_\_

LUNCH Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_  
Notes \_\_\_\_\_



ACTIVITY Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_  
Notes \_\_\_\_\_



REST/Sleep Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_\_\_

Notes \_\_\_\_\_

Activity Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_\_\_

Notes \_\_\_\_\_



SUPPER Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_\_\_

Notes \_\_\_\_\_

Activity Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_\_\_

Notes \_\_\_\_\_



Rest/Sleep Time \_\_\_\_\_ Pee \_\_\_ Poo \_\_\_ No go \_\_\_ Accident \_\_\_\_\_

Notes \_\_\_\_\_

### TIPS

1. Watch for signs sniffing the ground, circling, and digging.
2. Take to the same location every time. Stand still and do not engage with your puppy until they have eliminated.
3. Reward your puppy at the location of elimination-do not wait until you go inside to reward
4. Once the potty has been made then you can engage & let your pup explore and play. If there are 3 or more accidents a day, re-examine your action plan.

Activities can be any of the following:

- Play (self-directed and directed with age-appropriate toys)
- training (keep sessions short 30 sec up to 1 min-increase gradually)
- Sniffari (let your puppy lead the walk by their nose & sniff to their hearts content)
- Cuddles (play with feet, ears, and lift their lips-there will be many vet visits)

**SOCIALIZATION** (is not one and done) includes exposure to everything that looks, sounds and feels different; *repeatedly*, far away and up close) FOR THE FIRST 12 months, DO NOT STOP. It is paramount that your puppy always feels safe during these exposures and that it is not forced. Adolescence is a complicated soup, your puppy's POV will change therefore continued exposure to all the things must continue.

PRO TIP: Stay away from dog parks and day care.

### SOME SUGGESTIONS FOR EXPOSURE TO THE ENVIRONMENT

- Meet unfamiliar people (women-men-children in familiar and unfamiliar places)
- Sounds (cars, trucks, motorcycles, sirens, horns, music, etc.)
- Sights (visit a park/farmers' market & just watch from a blanket-don't engage)
- explore surfaces (grass, cement, rocks, tile, asphalt, leaves, crushed stone, etc.)
- weird looking things (walkers, crutches, playground toys, moving bikes, etc.,)

### PUPPIES REQUIRE ALOT OF SLEEP

Up to 14 hours per day. If you have a busy lifestyle or busy children, please make sure that your puppy has a quiet place to sleep as much as they need to be - undisturbed.