

Daily Routine: Puppy

Depending on the owner's schedule and the individual pup's preferences for activities, here is one example of what a daily routine might look like for a puppy.


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| Activity |
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| Morning activities performed between 6-9 am: |
| 5 minute leash walk with sniff breaks |
| 3-5 minute training session (30-50 small treats used) |
| 5 minutes of play time with owner |
| Set out "new toys" and provide a meal in a food puzzle toy |
| Evening activities performed between 4-8 pm: |
| 10 minute leash walk with sniff breaks |
| 3-5 minute training session (30-50 small treats used) |
| Provide foraging activities such as the find it game followed by a meal in a food puzzle toy |



Windows of time in the morning and evening are provided to allow for an on-leash walk, training session, play, and exploration activities.

 **Scheduling activities around the dog's meal times can make it easier to plan the activities.**

For example, during the morning routine between the hours of 6 a.m. and 9 a.m., the owner takes the dog on a 5-minute walk, allowing the dog to take sniff breaks and reinforcing desired behaviors with a treat or piece of the dog's food. Upon return to the house a 3 to 5-minute training session ensues using some of the dog's food for reinforcement. A play session can be incorporated into, precede, or follow the training session. The owner can rotate some of the toys and provide the dog with a food puzzle toy filled with the remainder of the morning meal (minus food used in the walk and training), while the owner prepares for the day.

Similarly, in the evening between say 4 and 8 p.m., the dog owner repeats the interactive walk and training session but also provides foraging activities such as the find it game prior to offering a meal in a food puzzle toy. More sessions can be offered throughout the day and the length of the sessions can be longer.

This is just a guide of a minimum of activities to perform on a routine basis.

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