

WEEK ONE

Monday

Session 1 Sit

- ___ 2 treats
- ___ 5 treats
- ___ pets & praise
- ___ 1 treat & pet
- ___ ball toss

Backups

- ___ 10 treats
- ___ 1 treat
- ___ ball toss
- ___ 4 treats
- ___ pets & praise
- ___ 6 treats

Eye Contact

- ___ 1 treat
- ___ 4 treats
- ___ pets & praise
- ___ 2 treats
- ___ 1 treat
- ___ run away silly
- ___ 4 treats

Session 2

Come, click & treat For 5 minutes

Sit

- ___ 2 treats
- ___ 3 treats
- ___ pet & 1 treat
- ___ praise
- ___ 5 treats

Eye Contact

- ___ 1 treat
- ___ 2 treats
- ___ ball toss
- ___ praise
- ___ petting
- ___ 5 treats

Tuesday

Down

- ___ 10 treats
- ___ pet and 2 treats
- ___ ball toss
- ___ 1 treat
- ___ 4 treats

Eye contact

- ___ pets & praise
- ___ 3 treats
- ___ 1 treat
- ___ pet & ball toss
- ___ 1 treat
- ___ 1 treat

Sit

- ___ praise
- ___ 1 treat
- ___ ball toss
- ___ run away silly
- ___ 4 treats
- ___ pet & 3 treats
- ___ pet

Backups

- ___ 1 treat
- ___ 1 treat
- ___ 6 treats
- ___ run away silly
- ___ 2 treats
- ___ pets & praise

Come, click & treat for 2 minutes

Down

- ___ 5 treats
- ___ 2 treats
- ___ pets & praise
- ___ pets & 8 treats
- ___ pets and water

Wednesday

Eye contact

- ___ 1 treat
- ___ 2 treats
- ___ pets & praise
- ___ pet & 1 treat
- ___ 1 treat

Name, click, treat For 5 minutes

Cuddle time

Down

- ___ 9 treats
- ___ ball toss
- ___ 3 treats
- ___ run away silly

Sit

- ___ praise
- ___ Praise and pets
- ___ 4 treats
- ___ 1 treat

Sit before you throw the toy.

Down before you throw the toy.

Name, click & treat for 5 minutes

Backups

- ___ 1 treat
- ___ 1 treat
- ___ 4 treats

Thursday

Cuddle time

Come, click & treat For 5 minutes

Name, click & treat for 5 minutes

Sit for toy tosses

Down for toy tosses

Eye contact for toy tosses

Stand

- ___ 1 treat
- ___ 2 treats
- ___ 1 treat
- ___ 5 treats

Cuddle time

Eye contact for petting

Sit

- ___ 1 treat
- ___ hand clapping
- ___ run away silly
- ___ ball toss
- ___ 4 treats

Friday

Stand

- ___ 3 treats
- ___ gentle petting
- ___ 1 treat
- ___ 5 treats

Eye contact, click & treat for 3 minutes

Put leash on, click and treat. Then take leash off, click and treat – repeat 10 times

Backups

- ___ 4 treats
- ___ petting
- ___ Praise
- ___ 7 treats
- ___ 1 treat

Hide & Seek – praise, treats and petting

- ___ in the bathroom
- ___ in the bedroom
- ___ in the closet
- ___ in the kitchen

Touch top of head game – repeat 10 times, clicking & treating for no movement away

Cuddle time

Saturday

Go to a field and play with dog on a 50-foot long line

While playing, add in:

Eye contact, click & treat for 2 minutes

Name, click & treat for 3 minutes

3 sits

- ___ 3 treats
- ___ petting
- ___ 1 treat

4 downs

- ___ petting
- ___ praise
- ___ 5 treats

Backups

- ___ 6 treats
- ___ praise
- ___ 1 treat
- ___ ball toss

Once at home, Put leash on, click and treat. Then take leash off, click and treat – repeat 10 times

Touch top of head and neck areas – repeat 10 times, clicking & treating for no movement away.

WEEK TWO

Monday

Session 1 Sit

- ___ 1 treats
- ___ 7 treats
- ___ pets & praise
- ___ 1 treat & pet
- ___ ball toss

Stand stay

- ___ 1 second
- ___ 2 seconds
- ___ 3 seconds
- ___ 4 seconds
- ___ 5 seconds
- ___ 6 seconds

Eye Contact

- ___ 1 treat
- ___ 1 treat
- ___ pets & praise
- ___ 2 treats
- ___ 1 treat
- ___ run away silly
- ___ 4 treats

Come, click & treat For 5 minutes

Stand w/touching

- ___ 1 treats
- ___ 2 treats
- ___ pet & 1 treat
- ___ praise
- ___ 5 treats

Name, click & treat for 3 minutes

Tuesday

Down

- ___ 10 treats
- ___ pet and 2 treats
- ___ ball toss
- ___ 1 treat
- ___ 4 treats

Down stay

- ___ 3 seconds
- ___ 3 seconds

play for 4 minutes

Down stay

- ___ 3 seconds
- ___ 8 seconds
- ___ 4 seconds

Sit

- ___ praise
- ___ 1 treat
- ___ ball toss
- ___ run away silly
- ___ 4 treats
- ___ pet & 3 treats
- ___ pet

Backups w/ distractions

- ___ 4 treats
- ___ 2 treat
- ___ 6 treats
- ___ run away silly
- ___ 2 treats
- ___ pets & praise

Come, click & treat for 2 minutes

Wednesday

Throw the cookie game

- ___ 10 treats
- ___ 12 treats
- ___ pets & praise
- ___ pet & 1 treat
- ___ 7 treats

Down stay

- ___ 4 seconds
- ___ 6 seconds
- ___ 10 seconds

Name, click, treat For 5 minutes

Stand for touching

- ___ 4 treats
- ___ 3 treats
- ___ 5 treats

Sit for toy tosses

Eye contact for toy tosses

Sit

- ___ praise
- ___ Praise and pets
- ___ 4 treats
- ___ 1 treat
- ___ run away silly

Practice door etiquette

Practice food bowl etiquette

Name, click & treat for 5 minutes

Thursday

Eye contact

- ___ 1 treat
- ___ petting
- ___ praise
- ___ 8 treats

Come, click & treat For 5 minutes

Throw the cookie game

- ___ 6 treats
- ___ 8 treats
- ___ 10 treats
- ___ petting & 11 treats

Cuddle time

Down stay

- ___ 6 seconds
- ___ 10 seconds
- ___ 15 seconds

Eye contact for toy tosses

Stand stay

- ___ 1 treat
- ___ 2 treats
- ___ 1 treat
- ___ 5 treats

Cuddle time

Eye contact for petting

Put leash on, click and treat. Then take leash off, click and treat – repeat 10 times

Friday

Sit stays

- ___ 10 seconds
- ___ 18 seconds
- ___ 18 seconds

Eye contact, click & treat for 3 minutes

Put leash on, click and treat. Then take leash off, click and treat – repeat 10 times

Backups w/ distractions

- ___ 4 treats
- ___ petting
- ___ run away silly
- ___ 7 treats
- ___ 1 treat

Hide & Seek – praise, treats and petting

- ___ in the bathroom
- ___ in the bedroom
- ___ in the closet
- ___ in the kitchen

Touch top of head game – repeat 10 times, clicking & treating for no movement away

Cuddle time

Play fetch for eye contact, sits and downs

Saturday

Go to a field and play with dog on a 50-foot long line

While playing, add in:

The two toy game and the two tug game. Be sure to play by your rules.

Name, click & treat for 3 minutes

Backups or perhaps loose leash walking if your dog is focused on you.

Teach your dog how to shake paw

Pivot to heel

- ___ 5 steps
- ___ 10 steps
- ___ 8 steps

Once at home, Put leash on, click and treat. Then take leash off, click and treat – repeat 10 times

Cuddle time

WEEK THREE

Monday

Drop the cookie game

- ___ 1 treat
- ___ 7 treats
- ___ pets & praise
- ___ 2 tug game
- ___ 4 treats

Heeling

- ___ 1 step (C/T)
- ___ 5 steps (C/T)
- ___ 8 steps (C/T)
- ___ 12 steps (C/T)
- ___ 3 steps (C/T)
- ___ 20 steps (C/T)

Down stay

- ___ 35 seconds
- ___ 40 seconds
- ___ 20 seconds

Practice “Shake paw”

Cuddle time

Name, click & treat for 3 minutes

Food bowl etiquette

Water bowl etiquette

Sit

- ___ 4 treats
- ___ 1 treat
- ___ petting
- ___ praise

Tuesday

Door etiquette

- ___ front door
- ___ back door
- ___ side door

Down stay

- ___ 20 seconds

play for 5 minutes

Stand stay for petting

- ___ head
- ___ shoulder
- ___ back
- ___ head

Sit

- ___ praise
- ___ 1 treat
- ___ ball toss
- ___ run away silly
- ___ 4 treats
- ___ pet & 3 treats
- ___ pet

Loose leash walking

- ___ 1 step (C/T)
- ___ 2 steps (C/T)
- ___ 3 steps (C/T)
- ___ 8 steps (C/T)
- ___ 10 steps (C/T)
- ___ 2 steps (C/T)

Have someone hold your dogs leash, while you call the dog. Make sure they drop the leash as soon as you say “come.” As reinforcers, use food, petting, praise, run away silly and toys

Wednesday

Real Life

- ___ 2 toy game while dusting
- ___ down stay while doing dishes
- ___ down stay while vacuuming
- ___ throw the cookie game while working on computer

Loose leash walking

- ___ 3 steps (C/T)
- ___ 4 steps (C/T)
- ___ 6 steps (C/T)
- ___ 2 steps (C/T)
- ___ 8 steps (C/T)

Name, click, treat For 5 minutes

Door etiquette

- ___ in the car
- ___ coming out of car
- ___ at the post office
- ___ at the bank
- ___ at the laundromat

Cuddle time

Teach your dog to “wave” Bonus points if you teach the dog to shake and wave with both paws!

Settle

- ___ 5 treats
- ___ 3 treats
- ___ 4 treats
- ___ 1 treat
- ___ run away silly

Thursday

Settle

- ___ 1 treat
- ___ light petting
- ___ 3 treats
- ___ 6 treats

Name, click & treat For 5 minutes

Drop the cookie game

- ___ petting
- ___ praise & 8 treats
- ___ 6 treats
- ___ petting & 3 treats

Settle with a stay

- ___ 9 treats
- ___ 3 treats
- ___ 1 treat
- ___ light petting
- ___ 5 treats

Down stay

- ___ 20 seconds
- ___ 35 seconds

Sits for toy tosses

Stand stay

- ___ for paw touches
- ___ for paw touches
- ___ for head touch
- ___ for leaning over in an obnoxious way

Eye contact for petting & toy toss

Put leash on, click and treat. Then take leash off, click and treat – repeat 10 times

Friday

Teach your dog to roll over

Name, click & treat for 3 minutes

Stand stay

- ___ for head touch
- ___ for tail touch
- ___ for paw touch

Loose leash walking

- ___ 4 steps (C/T)
- ___ 5 steps (C/T)
- ___ 5 steps (C/T)
- ___ 5 steps (C/T)
- ___ 5 steps (C/T)

2 tug game – don’t forget the rules!

Add in a sit or down before allowing the dog to retake the toy.

Sit stay

- ___ 20 seconds
- ___ 15 seconds
- ___ 30 seconds

Cuddle time

Sit still while you brush for treats.

Keep it slow – 1 brush stroke at a time. Continue in this vein, adding more and more brushing. Have someone help you by feeding it dog is still.

Saturday

Show off to your friends all you have taught your dog in ONLY 3 weeks! Congratulations!!!

Loose leash walking for 5 steps

Sit

Down

Down stay

Stand & stay for handling

Shake paw and wave

Settle

Roll over

Name recognition

Come word recognition

Door etiquette

Staying still for petting

Not leaving you even if the leash is off, until you release the dog

Fetch games for eye contact, sits and downs