

GENERAL NOTES (8+ weeks old)

- A two-month-old puppy can hold their bladder for approximately 2 hours during the day. A three-month old puppy can hold it for 3 hours, etc. Max is 4 hours at a time.
- If you will be gone longer than your puppy can hold it, set up a pen with water bowl and potty area inside.
- Young puppies may need to potty every 15-20 minutes while out playing so watch them closely while in your home!
- As your puppy matures, lengthen crate times and housetraining times on the schedule below as appropriate.

FIRST WEEK HOME SCHEDULE - Follow your puppy's lead.

- When they want to sleep, let them.
- When they wake up, take them potty.
- Then play or train for 5-15 minutes.
- Offer them a chew as needed.
- Repeat.

REGULAR DAILY SCHEDULE (1+ WEEKS HOME)

6:00am WAKE UP

- **Potty Break**
 - Did your puppy go to the bathroom?
 - NO = Crate time OR watch them 100% for 5-10 minutes and try again.
 - YES = Playtime inside the house... remember to watch your puppy closely!
 - Take your puppy potty approximately every 30-60 minutes while awake.
- **Playtime**
 - Practice manners and behaviors using toys, praise and attention.
 - Pick and play [GAMES & ACTIVITIES](#)

7:00am BREAKFAST & TRAINING

- **Potty Break**
 - Did your puppy go to the bathroom?
 - NO = Crate time OR watch them 100% for 5-10 minutes and try again.
 - YES = Playtime inside the house... remember to watch your puppy closely!
- **Training Session #1**
 - Begin one of the lessons from the curriculum.
 - Feed 1/3 of your pup's daily kibble to practice manners and behaviors.
 - Play [GAMES & ACTIVITIES](#)
 - Feed remaining breakfast in a puzzle toy or food bowl.
- **Playtime**
 - Focus on housetraining and helping your puppy find the door as needed.

9:00am CRATE TIME

- **Potty Break**
- **Crate Time**
 - Give your puppy a safe chew item to help pass the time.
 - Begin with multiple short 5-10 minute sessions and progress to a couple of hours this first week.

11:00am LUNCH & TRAINING

- **Potty Break**
- **Training Session #2** (in a different location around your house)
 - Continue one of the lessons from the curriculum.
 - Feed 1/3 of your pup's daily kibble via your hand to reward good behavior now and throughout the afternoon.
 - Play [GAMES & ACTIVITIES](#)
- **Playtime**
 - Focus on housetraining and helping your puppy find the door as needed.
 - Use exercise pens, gates, or a leash etc. to keep your puppy in a contained area of your home, or tethered directly to you, when you cannot provide 100% adult supervision.

1:00pm CRATE TIME

- **Potty Break**
- **Crate Time**

3:00pm TRAINING

- **Potty Break**
- **Training Session #3**
 - Continue one of the lessons from the curriculum.
 - Play [GAMES & ACTIVITIES](#)
- **Playtime**
 - Play outside in a secure area sometime today.

5:00pm CRATE TIME

- **Potty Break**
- **Crate Time**

7:00pm DINNER & TRAINING

- **Potty Break**
- **Training Session #4**
 - Complete one of the lessons from the curriculum.
 - Feed final 1/3 of your pup's daily kibble to practice manners and behaviors.
 - Finish up any training from the day you did not yet complete.
 - Feed remaining dinner in a puzzle toy or food bowl.
- **Playtime**
 - Spend time inside with the family... remember to watch your pup 100%.
 - Use exercise pens, gates, or a leash etc. to keep your puppy in a contained area of your home, or tethered directly to you, when you can't provide 100% adult supervision.

10:00pm BEDTIME

- **Potty Break**
- **Bedtime**
 - Place in the crate for the night.

GENERAL BREAKDOWN

6-9 AM	Wake Up/Train/Eat/Play
9-11 AM	Crate Time
11-1 PM	Train/Eat/Play/Housetrain
1-3 PM	Crate Time
3-5 PM	Train/Play/Housetrain
5-7 PM	Crate Time
7-10 PM	Train/Eat/Play
10 PM	Bedtime – In Crate

Need a simplified schedule you can remember off the top of your head?

If you are home during the day, try this:

On the hour...

- Let your puppy out of their crate to get a drink, go potty and then practice behaviors and or play.
- After about 15-20 minutes, put them back in the crate or exercise pen until the top of the hour and repeat.

NOTES:

- Mix up crate and exercise pen time so your puppy is not in the crate too much during the day, which will help them sleep better at night in the crate.
- As your puppy gets older (4-6 months), you can adjust the schedule, making crate times longer during the day (up to four hours at a time) and they can sleep longer at night 10+ hours.
- Once your puppy is over one year of age, you can start having them sleep outside the crate and be alone in your home during the day as they are successful at keeping your house accident free.

New Puppy Nighttime Schedule (8+ weeks old)

Ask your breeder if they have started nighttime crate training and if so, how long your puppy currently sleeps at night. If your puppy has never slept in a crate, your puppy will most likely need 1-2 potty breaks initially. If your puppy sleeps through the night, let them!

At night, place your puppy's crate where you can hear them. When you hear your puppy move around, take them out quietly. Keep lights low and immediately return them to the crate when they are done. Within a few weeks, most puppies are sleeping through the night for 8+ hours.

1st Week

10 PM Bedtime

1 AM Possible Potty Break

4 AM Possible Potty Break

6 AM Wake Up & Potty Break

2nd Week

10 PM Bedtime

2 AM Possible Potty Break

6 AM Wake Up & Potty Break

3rd Week

10 PM Bedtime

6 AM Wake Up & Potty Break