

LESSON 1.1 A Successful Schedule

- Establish a daily schedule that works for you and your puppy. See our samples for ideas.
- Schedule in at least (2) daily crate times so your puppy learns to be alone.
- Daytime Crate Rules: 2 hours (2 months old), 3 hours (3 months old), never more than 4 hours without a break
- Night Crate Rules: 8+hours (giving breaks as needed for the first few weeks)
- Add the BASIC PUPPY COURSE to your weekly calendar.

LESSON 1.2 Building a Bond & Beginning Socialization

- Introduce your puppy to something new every day.
- Carry your puppy in public places until fully vaccinated.
- Play with your puppy today and find out things they like.
- Teach them the game Talk to My Hand.

LESSON 1.3 Introducing the Crate, A Collar and The Leash

- Lure your puppy in and out of the crate 10+ times for a food reward.
- Lure your puppy in the crate, close the door, reward them, then let them out. Repeat 10x.
- Read a book while your puppy is in the crate for 30-60 minutes. Sit right next to them.
- Put on the collar and let your puppy drag a leash around while you play with them.

LESSON 1.4 Marker Training with “YES” and “NO”

- Load the marker “YES”.
- Play the Free Fall game to practice the word “NO” or “NOPE”.

LESSON 1.5 Attention, Motivation and Their Name

- Get your puppy’s attention in (7) different locations today.
- Make a list of things your puppy likes. This will grow over time.
- Play games Fast Focus, Motivate Me & the Name Game this week.

LESSON 1.6 Housetraining and the “GO POTTY” Cue

- Choose a consistent potty spot and practice “GO POTTY” regularly.
- Print housetraining charts for the next (3) weeks and keep a record of your puppy’s needs. You’ll start to see patterns, making your job easier.
- Puppy must “PEE TO PLAY” inside your home.
- Set timers to remind you when it is time to give your puppy a potty break.

LESSON 1.7 Sit to Say Please and Using A Target Hand

- Practice SIT TO SAY PLEASE in every room of your home today.
- Play the Round Robin Recall game.

LESSON 1.8 Puppy Biting, Barking & Jumping

- Play the Only If You're Nice game whenever your puppy comes out of the crate or pen.
- Touch & Treat when petting your puppy. Progress to touch THEN treat. Add time each day.
- Practice wiggling a toy or piece of clothing in front of your puppy, treat at the same time. Progress to wiggle THEN treat. Add time each day.

TRAINING TIP

- Puppies have small bladders and need to go often.
- To help you remember to take your new puppy out to the bathroom, set a timer on your phone, Alexa or other device.
- Always have toys or treats ready BEFORE letting your puppy out to play or train.
- Teach others the SIT TO SAY PLEASE concept.
- Help your puppy learn to be alone during the day. Go slowly if needed.

SOCIALIZATION

Use food or toy rewards to distract your puppy while you do the following daily:

- Rub under your puppy's lower jaw.
- Gently press each paw-pad.
- Touch the Dremel or clippers to each nail.
- Lift their lips and gently rub their teeth with your finger.
- Rub their ears and look inside each one.

HOUSETRAINING

- Playtime: 20-30 minutes at a time 100% supervised, then potty break. Repeat or use the crate!
- Take your puppy on leash outside to potty; give rewards immediately as they finish.
- Crate Time: Introduce your puppy to a crate this week and work up to 60 minutes AT LEAST 2x per day. Start by sitting right next to the crate while you read a book, etc.
- Nighttime: Take puppy out if they wake up, possibly 1-2 times per night.

EXIT TICKET

- Did I handle my puppy's body everyday this week?
- Did I pair body handling with positive rewards?
- Did my puppy sit for attention every day this week?
- Was I able to mark a good "GO POTTY" at least (3) times daily?
- Have I completed all (8) training modules in THE FIRST WEEK TOGETHER?