

# DOG TRAINING PLAN TEMPLATE

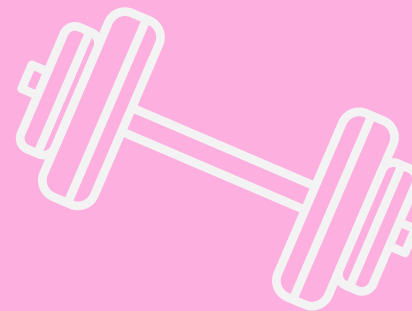


## GOALS

What are your goals for training your dog? What do you want the end result to look like? Do you want your dog to be calm? Do you want to build drive? Do you want your dog to become more comfortable with handling, like nail trims or brushing? Maybe your dog is nervous and you want to build confidence, or you just want a stronger relationship! Think about the bigger picture behind "WHY" you want to train.

## EXERCISES

Take your goals and break them down into tasks. For example, if you want your dog to be more calm, some specific exercises might be a place command or crate training. If your goal is to build confidence, exercises could include climbing on objects or fun tricks. If you aren't sure what tasks you can do to achieve a certain goal, try googling it, or ask a professional/credentialed dog trainer!



## CUES

Some tasks need a cue. This can be a word or a hand signal, and it asks your dog to perform a certain behavior. Examples of cue words include "sit," "stay," "come," or "heel." Keep cues short and clear, and try to avoid cue words that sound similar. For example, if you use the cue "come" for recall, avoid using the cue "come on" for loose leash walking.

# GOALS

Consider the dog you have. Think about their strengths and their weaknesses. Now, what do you want to accomplish through training? Calmness? Confidence? Drive? Cooperative care? This could be anything. Take a moment to brainstorm a list. Then, choose 3-5 goals that you really want to focus on, and define what those goals mean to you. As an example, one of my training goals for 2022 is confidence-- build comfort and neutrality in an urban environment.

Remember to keep your dog's limitations in mind. Some dogs will simply NEVER engage in certain behaviors comfortably, and it is inhumane to force them to do so. While it's great to challenge your dog, the challenge should never exceed your dog's capabilities.



# EXERCISES

Once you have defined your goals, then it is time to determine what exercises to perform in order to reach those goals. If you aren't sure where to get started, googling your goals can help! Read a few articles and watch a few YouTube clips to see what might work for your dog. And, when in doubt, always reach out to a professional trainer for guidance!

Remember, each goal from your list above should have a corresponding list of exercises for you to focus on with your dog. As an example, my goal of "Building confidence" might have exercises like play, climbing up/on things, exploring new environments, and so on.



# CUES

Cues are the signals you give your dog that let them know you want them to perform a specific behavior. In daily life, cues can be words, gestures, body language, tone, or even facial expressions. Additionally, cues go both ways-- we cue our dogs to ask for a behavior, and dogs cue us to ask for something! A great example is waiting or pawing at the door to "cue" us to let them outside.

For the purpose of training, a cue should be a clear, unique word, short phrase, or hand signal. Based on your goals, what cues would be useful for your dog? Write them down and define what they mean so that you are very clear on what you are asking of your dog. For example, a cue I might teach for my "confidence" goal is "Up up!", which is my cue to jump up on something, or a cue for a fun trick like "spin" or "beg."



# Training Plan

## GOALS

List your goals and the exercises and cues you want to practice. Write in what you work on each day.

### EXAMPLE:

#### Confidence

- Neighborhood sniffari
- Cue: Up up
- Play

#### Focus

- Reinforce check ins
- Proof stays

#### Handling

- Hold paw
- "Shake"
- "Touch"

|  | SUN   | MON                       | TUE   | WED  | THU            | FRI              | SAT                     |
|--|---|---------------------------|---|--|----------------|------------------|-------------------------|
|  | Sniffari<br>Play<br>Reinforced<br>check ins | Up Up<br>Proofed sit/stay | Play<br>Sniffari<br>Reinforced<br>check ins | Sniffari<br>Play<br>Reinforced<br>checkins | Shake<br>Touch | Sniffari<br>Play | Up Up<br>Shake<br>Touch |
|  |   |                           |   |  |                |                  |                         |
|  |   |                           |   |  |                |                  |                         |
|  |   |                           |   |  |                |                  |                         |
|  |   |                           |   |  |                |                  |                         |

EXAMPLE

**NOTE:** Each week, go back and review what you worked on. Are you focusing more on one goal than another? What is your dog exceling at and what are they struggle with? This can help inform what you focus on the next week. Don't be afraid to adapt or change exercises/cues as needed!



# Training Plan

| GOALS | SUN | MON | TUE | WED | THU | FRI | SAT |
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