

TRAINING CHART



Check one box per activity, and no more than two boxes per day. Limit **command training** to 5-15 minute sessions.

DECOMPRESSION PERIOD:

Give your new puppy 3 days to adjust to their new environment before establishing a routine.

COMMANDS

Recall	☐	☐	☐	☐	☐	☐	☐	☐	☐
YES	☐	☐	☐	☐	☐	☐	☐	☐	☐
NO	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sit	☐	☐	☐	☐	☐	☐	☐	☐	☐
Down	☐	☐	☐	☐	☐	☐	☐	☐	☐
Stand	☐	☐	☐	☐	☐	☐	☐	☐	☐
Place	☐	☐	☐	☐	☐	☐	☐	☐	☐
Stay	☐	☐	☐	☐	☐	☐	☐	☐	☐
Leave It	☐	☐	☐	☐	☐	☐	☐	☐	☐
Drop	☐	☐	☐	☐	☐	☐	☐	☐	☐

SOCIALIZATION

Interact with people
(to your level of comfort)

☐☐☐☐☐☐☐☐

Meet new person

☐☐☐☐☐☐☐☐

Interact with other dog

☐☐☐☐☐☐☐☐

Meet or observe new dog

☐☐☐☐☐☐☐☐

EXPOSURE

TACTILE STIMULATION

Wear collar	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wear leash	☐	☐	☐	☐	☐	☐	☐	☐	☐
Handling (Touch ears, paws, nose, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Hand-feeding (treats count)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Grooming	☐	☐	☐	☐	☐	☐	☐	☐	☐
Walk on new surface (Grass, snow, dirt, tile, sand, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐

*AUDITORY STIMULATION

Engine	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fireworks	☐	☐	☐	☐	☐	☐	☐	☐	☐
Thunderstorm	☐	☐	☐	☐	☐	☐	☐	☐	☐
Barking	☐	☐	☐	☐	☐	☐	☐	☐	☐
Siren	☐	☐	☐	☐	☐	☐	☐	☐	☐

*These can be simulated on your TV or computer.

VISUAL STIMULATION

See animal	☐	☐	☐	☐	☐	☐	☐	☐	☐
See vehicle in motion	☐	☐	☐	☐	☐	☐	☐	☐	☐
See people in different attire	☐	☐	☐	☐	☐	☐	☐	☐	☐
Observe everyday home activities	☐	☐	☐	☐	☐	☐	☐	☐	☐
Enter new building (Vet clinic, store, home, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Visit new outdoor area	☐	☐	☐	☐	☐	☐	☐	☐	☐

ACTIVITIES IN RED ARE SAFER WHEN DELAYED UNTIL VACCINATION.