

Training Calendar

Remember! This is a basic guide - feel free to augment and change the order of things according your personal situation!

Day 1:

- Fit the prong collar - carabiner on, high up on the neck!
- Go through all of the **Walk** exercise.
- When you come back in from the Walk, do **Thresholds Phase 1**.

Day 2:

- **Thresholds Phase 1** - on the way to and from your walk.
- Go through the **Walk**, focusing on becoming more fluid on your motions.
- Start **Sit Phase 1** on the walk (at corners, etc), and inside your house.

Day 3:

- Start **Thresholds Phase 2**, both leaving and coming back from the **Walk**.
- Continue **Sit Phase 1** on the walk, and inside.
- Introduce the **Crate** exercise today!

Day 4:

- Practice the **Crate** exercise. Leave your dog in the crate for one hour today, while you are home.
- **Thresholds Phase 2** through all thresholds, and a structured **Walk**.
- Start **Sit Phase 2** today.

Day 5:

- Practice **Crate** exercise, leaving your dog in there for 1 hour.
- Practice **Thresholds** everywhere you see an opportunity.
- Your **Walk** and **Sit** should be great - if your dog is not sitting when you give the command, you need to increase your correction.

Day 6:

- Practice **Crate** exercise, leaving your dog in there for 2 hours.
- Practice great **Thresholds**!
- Do a couple structured **Walks**, with **Sits** at every corner.
- Introduce **Waiting for Food**.

Day 7:

- Practice **Crate** exercise, leaving your dog in there for 2 hours.
- Practice **Thresholds** and **Waiting for Food**.
- Do a couple structured **Walks**, with **Sits** at every corner.
- Start **Place Phase 1!**

Day 8:

- Practice **Crate** exercise, leaving your dog in there for 3 hours.
- Practice **Thresholds** and **Waiting for Food**.
- Do a couple structured **Walks**, with **Sits** at every corner.
- Start **Place Phase 2.**

Day 9:

- Your dog should be acclimated to the **Crate** enough to sleep there at night.
- Practice **Thresholds, Waiting for Food, Walks**, and **Sit**, as usual.
- Continue **Place Phase 2.**
- Start **Down Phase 1.**

Day 10:

- **Crate, Thresholds, Waiting for Food, Walks**, and **Sit**, just like yesterday!
- If you feel like you are ready, move onto **Place Phase 3**. If not, stay in **Phase 2**, but increase the 3 D's!
- Continue **Down Phase 1.**

Day 11:

- **Crate, Thresholds, Waiting for Food, Walks**, and **Sit**, just like yesterday!
- Start **Place Phase 3**, if you haven't already.
- Continue **Down Phase 1.**

Day 12:

- **Crate, Thresholds, Waiting for Food, Walks**, and **Sit**, just like yesterday! This should all be old hat :)
- Continue **Place Phase 3.**
- Introduce **Down Phase 2.**

Day 13:

- **Crate, Thresholds, Waiting for Food, Walks, and Sit**, as usual!
- **Place Phase 3**, upping the distraction levels.
- Continue **Down Phase 2**.

Day 14:

- **Crate, Thresholds, Waiting for Food, Walks, and Sit**, like an old pro!
- **Place Phase 3**, continuing to up the distraction levels.
- Continue **Down Phase 3**.

Once you have completed these 14 days, spend the rest of the month keeping up some version of the following day:

- Your dog sleeps in the crate overnight.
- In the morning, you put his prong collar on, while he is still in the crate, and guide him out with "Let's go".
- Go for a proper structured walk, being super awesome with the thresholds on the way out, and having him sit at every corner.
- Watch thresholds as you come back inside, and let your dog out in the yard for some supervised play time - throw the ball, let him run around, etc. Let him blow off steam and have some fun just being a dog!
- Bring him inside and put him in Place while you get ready for work/school/etc. If you are showering or running around getting the kids ready and can't keep eyes on him, put him in the crate!
- Before you leave for work/life outside your house, make him give you a polite moment in the crate before feeding him. Then he will sleep while you are gone.
- Later in the day, when you are home again, have your dog in command - either Place or Down - in the house (and don't forget to keep upping those distractions and challenges! Don't just do the easy stuff, you're dog won't grow!), having him practice duration for up to two hours. **This is the most valuable part of the training and rehabilitation process!** If you want the most out of your time training your dog, have him in Place or Down whenever you can, and do not allow him to wander your house! Remember, the more entitled and bratty your dog is the less freedom and wandering you should allow initially. This way he gets used to practicing impulse control, respectful behavior, and just hanging out while the world

goes on around him - this will create the relaxed, stress-free dog that you have always wanted who has an on and off switch - a dog who can relax on command, no matter what is going on, and also be playful and exuberant when released!

A normal day of life with your dog!

After your crucial training month is complete, and you are getting polite, courteous behavior from your dog in all respects, here is what a basic day should look like with your dog:

Two structured walks each day - duration of the walks should depend on your dog's energy levels and physical needs. Your dog will be practicing a calm, structured walk, adhering to all the rules, and sitting at corners.

Your dog will respect every threshold, not pulling you through doorways or gates - giving you a polite, courteous moment and waiting for your release to walk.

Your dog will wait for your release to eat his food.

Your dog stays in a crate while you are gone, and sleeps in the crate if necessary.

1-2 hours a day your dog practices enforced duration commands - Place or Down - while you are home supervising. This can be in the morning while you are getting ready for work/school, and during meal or TV times.

If your dog has zero behavior problems, he can be allowed on furniture and beds, but only with your permission. If your dog has behavior issues, allowing access to the furniture (couch/bed etc) will only create a bigger mixed message and confuse him, which will likely exacerbate the issues.