

Puppy Training Plan & Checklist

Printable daily schedule, potty log, core skills & socialization bingo.

Sniffaloo.com — Training with a plan

Daily Schedule (sample)

| Time | Activity | Notes |
|-------|---------------------------------------------|-------|
| 07:00 | Outside potty → breakfast → 10 min training | |
| 08:00 | Crate rest / chew (KONG) | |
| 10:00 | Potty → 5–10 min play/training | |
| 12:30 | Lunch (if < 5 mo) → potty → nap | |
| 15:00 | Leash walk/socialization field trip | |
| 18:00 | Dinner → potty → settle practice | |
| 21:30 | Last potty → quiet time → bed | |

Potty Log

[illegible]

Core Skills Checklist

- ☐ Name response (look at me)
- ☐ Marker word / clicker charged
- ☐ Sit
- ☐ Down
- ☐ Stand
- ☐ Drop it / Leave it
- ☐ Come (recall) on long line
- ☐ Loose-leash walking (5–7m)
- ☐ Settle on mat
- ☐ Crate enter on cue, 30–60 min calm

Socialization Bingo

Mark positive, calm exposures (pair with food/play). Keep short; never force.

| | | | |
|-------------------------------------------|----------------------------------------|------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Umbrella | <input type="checkbox"/> Skateboard | <input type="checkbox"/> Bicycle | <input type="checkbox"/> Wheelchair |
| <input type="checkbox"/> Vet lobby | <input type="checkbox"/> Groomer table | <input type="checkbox"/> Car wash | <input type="checkbox"/> Elevator |
| <input type="checkbox"/> Men w/ hats | <input type="checkbox"/> Kids running | <input type="checkbox"/> People clapping | <input type="checkbox"/> Doorbell |
| <input type="checkbox"/> Bus stop | <input type="checkbox"/> Cafe patio | <input type="checkbox"/> Busy street | <input type="checkbox"/> Park ducks |
| <input type="checkbox"/> Different floors | <input type="checkbox"/> Metal grates | <input type="checkbox"/> Stairs | <input type="checkbox"/> Automatic doors |

Training Notes

Tip: Reward early and often. Keep sessions < 3 minutes and end on a success. **Happy training from Sniffaloo!**