

Sample Dog Exercise Schedule - Active No Fetch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before Work	30 minute walk with breakfast in treat pouch.	40 minute run/walk/hike	1 hour run/walk/hike	40 minute run/walk/hike	30 minute walk	Quick potty break to the apartment's dog park (10 minutes)	20 minute walk with breakfast in the treat pouch
While at Work	Stuffed kong	Kong wobbler for breakfast	Stuffed Kong	Kong wobbler for breakfast	Kong wobbler for breakfast	off day - hike, run, dog park, long walk (1+ hour) - breakfast in the Kong wobbler	off day - stuffed Kong while I work from home
After Work	30 minute walk. Kong wobbler for dinner.	Trick training with dinner after a quick potty break (20 minutes including walk)	15 minute walk with dinner as treats	Mat training while I cook dinner	20 minute run	Hide treats around apartment while I cook dinner	Picnic at a local park with boyfriend - bring dog with (1 hour)
Before Bed	Find-it games with steak hidden in boxes (10 minutes)	Work on "come when called" outside on long line (10 minutes)	Quick potty break with find-it games in the grass (10 min)	Stuffed Kong while my boyfriend and I watch a movie	Stuffed Kong while I go to a bar	Work on "come when called" outside (10 minutes)	Trick training (10 min)
Total time with Dog:	1:10	1:10	1:25	50 minutes	50 minutes	1:20	1:30
Time Spent 100% on Dog (walks/hikes/runs don't count):	40 minutes	30 minutes	25 minutes	0 minutes	20 minutes	20 minutes	10 minutes