

Sample Dog Exercise Schedule - Less Active

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before Work	20 minute walk with breakfast in treat pouch.	20 minute walk with breakfast in treat pouch.	20 minute walk with breakfast in treat pouch.	20 minute walk with breakfast in treat pouch.	20 minute walk with breakfast in treat pouch.	Quick potty break (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 - stuffed Kong and affection/training while I work from home (~1:30)	off day - stuffed Kong and affection/training while I work from home (~1:30)
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 walk	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 on long line (10 minutes)	Trick training (10 min)
Total time with Dog:	1 hour	50 minutes	45 minutes	40 minutes	40 minutes	1:50	2+ hours
Time Spent 100% Focused on Dog (walks don't count):	10 minutes	30 minutes	25 minutes	0		20 minutes	10 minutes