

Sample Dog Exercise Schedule - Sheet1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Before Work</b>	30 minute walk with breakfast in treat pouch.	40 minute run	1 hour run	20 minute walk with breakfast in the treat pouch	Quick potty break to the apartment's dog park (10 minutes)	Walk 10 minutes to the river, throw a stick for 5 minutes, 10 minute walk home	40 minute run
<b>While at Work</b>	Stuffed kong	Kong wobbler for breakfast	off day - stuffed Kong while I work from home	off day - stuffed Kong while I work from home	off day - 14 mile hike to a lake - breakfast in the Kong wobbler while I pack	Kong wobbler for breakfast	Kong wobbler for breakfast
<b>After Work</b>	5 minute walk to the park, 10 minutes of fetch, 5 minute walk back. Kong wobbler for dinner.	Trick training with dinner after a quick potty break (20 minutes including walk)	15 minute walk with dinner as treats	Picnic at a local park with boyfriend - throw frisbee for dog while we eat (1 hour)	Hide treats around apartment while I cook dinner	20 minute run	Mat training while I cook dinner
<b>Before Bed</b>	Find-it games with steak hidden in boxes (10 minutes)	Work on "come when called" with tug-of-war as a reward (10 minutes)	Quick potty break with find-it games in the grass (10 min)	Trick training - we're working on "up" as a cue to jump onto random objects outside (10 min)	Work on "come when called" with tug-of-war as a reward (10 minutes)	Stuffed Kong while I go to a bar	Stuffed Kong while my boyfriend and I watch a movie
<b>Total time with Dog:</b>	1 hour	1:10	1:25	1:30	2:20	50 minutes	50 minutes
<b>Time Spent 100% on Dog:</b>	1 hour	30 minutes	25 minutes	30 minutes	20 minutes	25 minutes	0 minutes