

Free Sample - Dog Cheat Codes - Quick Plan

Read me first: This PDF is informational only. It's not veterinary, medical or legal advice. You are responsible for your dog's safety and your decisions. If in doubt, ask your vet or a qualified behaviour professional. For emergencies, contact an emergency vet.

For busy 9-5 owners: a one-page playbook to keep your dog calm, fit, and happy on real workdays.

Weekday Flow

- **Morning (10–20 min):** Bathroom break + easy sniff-walk or food puzzle. Prep leash/treats the night before.
- **Midday (15–30 min):** Walker, trusted neighbour, or short play session if possible.
- **Evening (30–45 min):** Steady walk or play, then 5-10 min calm training (sit, stay, touch, loose-lead).
- **Quality > Quantity:** Combine movement + brain work for better results in less time.

Indoor & Brain Work Menu (10-15 min picks)

- Snuffle mat or scatter-feed
- Scent games: 3–5 simple hides around a room
- Puzzle feeder or stuffed Kong
- Tug with rules (start/stop cues)
- Fetch with rests: 5 throws, rest, repeat ×3
- Stair runs or hallway “find it” (if safe)
- 5-minute micro-sets: name response, hand-touch, settle on mat

Weekend Warrior Plan

- **Saturday - Adventure Day:** Warm-up 10–15 → Main 30–45 (hike/woodland, park intervals, or structured fetch) → Cool-down 10 → Brain work 10.
- **Sunday - Reset Day:** 20 min sniff-led walk → 5 min training → 10 min scent game → Settle on a mat while you read/relax.

Habit Stacking & Support

- Pair dog time with breakfast, cooking, or TV breaks so short sessions happen without thinking.
- Swap walks/playdates with neighbours; add a pro walker or day care 1-2×/week if needed.

Success Signs & Emergency Hacks

- **Success:** Calm departures/arrivals, steady bathroom/eating, fewer destructive behaviours.
- **Short on time or raining?** Do 10-15 min brain-first: scent games + 5 min training. Daily routine beats once-a-week marathons.

Adjust for age, breed, health, and weather. If your dog seems painful or unwell, rest and speak to your vet.