5-Minute Lessons

Today my dog and I spent 5 minutes practicing this skill...
(For example: coming when called, sitting politely, or waiting briefly)

.....

.....

I spoke this word or phrase as the cue...
(For example: come, sit, or wait)

.....

.....

I also used this physical signal or gesture to make it easier for my dog to understand...
(For example: patted my thigh, pointed down, or held a treat up)

.....

.....

As soon as my dog cooperated—even a tiny bit, to start—I congratulated them by saying...
(For example: Good job! or Thank you!)

.....

And I rewarded them with...

- ◯ Bits of lean, cooked meat
- ◯ Small, crunchy dog treat
- ◯ Small, soft dog treat
- ◯ A few licks of peanut butter
- ◯ A carrot stick
- ◯ Playing with a tennis ball
- ◯ Playing with a tug toy
- ◯ Neck massage
- ◯ Other: .....

Record the date on a star each time you and your dog practice a lesson!

Skill or Cue:	S	M	T	W	T	F	S
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
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	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆

**Short, fun lessons are a wonderful way to build useful skills—and to become a team with your dog!*

Baby steps for the win!

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