

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0400							
0415		Wake Up	Wake Up	Wake Up	Wake Up		
0430							
0445		Train	Train	Train	Train		
0500		Walk	Walk	Walk	Walk		
0515							
0530		Breakfast	Breakfast	Breakfast	Breakfast		
0545							
0600		Work	Work	Work	Work		
0615							
0630							
0645							
0700							
0715							
0730	Wake Up & Breakfast					Wake Up & Breakfast	Wake Up & Breakfast
0745							
0800							
0815							
0830	Train					Train	Train
0845							
0900	Long Walk						
0915							
0930							
0945							
1000						Hike	Hike
1015							
1030							
1045							
1100							
1115							
1130							
1145							
1200							
1215							

1230	Nosework Practice						
1245							
1300							
1315							
1330							
1345							
1400	Controlled Exposure or Socialization						
1415						Controlled Exposure or Socialization	
1430							
1445							
1500							
1515							
1530							
1545							
1600	Walk						Controlled Exposure or Socialization
1615							
1630							
1645							
1700	Actively Hang Out					Nosework or Heel Classes	
1715							
1730							
1745							
1800	Dinner						Dinner
1815		Walk	Walk	Walk	Walk		
1830							
1845							
1900	Short Walk or Park		CGC or Tricks Class				Short Walk or Park
1915						Dinner at In-n-Out	
1930							
1945							
2000	Weekly Grooming	Train		Train	Controlled Exposure or Socialization	Walk	
2015							
2030		Dinner	Dinner	Dinner			

2045		Actively Hang Out	Actively Hang Out	Actively Hang Out			
2100							
2115					Dinner		
2130					Actively Hang Out		
2145		Nosework Practice		Nosework Practice			
2200							
2215							
2230	Train	Train	Train	Train	Train	Train	Train
2245							
2300	Bed	Bed	Bed	Bed	Bed	Bed	Bed
2315							
2330							
2345							
0000							
0015							
0030							
0045							
0100							
0115							
0130							
0145							
0200							
0215							
0230							
0245							
0300							
0315							
0330							
0345							

“Work” was between 10 and 12 hours, four days a week. A good friend or my neighbor, both of which have approved play-buddies, would alternate bringing their dog over to provide companionship throughout the day. The dogs were not crated, but were confined to the living room, dining room, and yard (with a 6’ fence secured by a combination lock).

A guide to the terms:

**Controlled Exposure or Socialization.** This can include anything where the dogs are being actively exposed to something new or exciting, and are being closely supervised. Such activities can include: going to a pet store, going to the beach, attending an event, visiting a friend's house, or going to a dog park (limited and extra closely supervised). These situations are perfect training opportunities.

**Train.** Generic term for any active training, usually obedience or trick training.

**Walk.** A walk where the dogs are made to walk on loose leash beside me. I actively manage the dogs and scan the surroundings and their responses, making note of any signs of discomfort. Walks are also used to address behavior issues that we may be having, and are always accompanied by a bag of treats and a clicker.

**Hike.** A controlled hike, including on and off leash time. Good for working on recall and other focus exercises. Would include stops for training as well.

**Actively Hang Out.** This is time spent actively engaging with the dogs but not necessarily exercising or formal training. Usually involving household chores, walking them to the Laundromat, informal training while cooking, etc....

**Weekly Grooming.** Trim nails, clean ears, brush teeth, practice holding paws, practice brushing.