



PHYSICAL AND MENTAL EXERCISE: A PLAN

To make sure your dog gets the exercise and stimulation he needs, create a plan. Think about your dog's daily routine and choose what type of exercise (for the body and brain) your dog will receive, who will be in charge of making it happen and for how long.

Here are some people whose help you may be able to enlist:

Partner, family members, friends & neighbors

Dog walker

Dog daycare

Types of activities:

Leash Walks Puppy Play Time Fetch Visits to Puppy Daycare
 Toy Dissection Stuffed Kong Tug Chewing bones, bully sticks, etc.
 Tricky Treat Ball Training Games Swimming Other: _____

AM	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	Sun.
What:							
Who:							
For How Long?							
PM							
What:							
Who:							



For How Long?							
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