

Appendix A - Suggested Training Schedule

Suggested Training Schedule

This suggested training schedule is based on the assumption that handlers will train their dogs every day for a total of thirty minutes, which can be broken down into three individual ten minute training sessions.

One could train one behavior from beginning to finish, then train the next behavior, etc. In the suggested schedule there are a variety of exercises to work on each week. This is to help keep training interesting and to reduce frustration if your dog is having great difficulty with one exercise--there are other exercises that he may find

easier you can train in the same time period.

If you do prefer to work on one exercise at a time, the exercises are presented in order in the guide so that if you train them in that order, your dog will have the prerequisites needed from the earlier exercises in order to do the later exercises. For instance, your dog will need to know sits

and downs before you play the Waiting Game with him.

The great magic of dog training is that each handler creates it by working with her dog. The more you work with your dog, the better you will be able to communicate with your dog, the more responsive your dog will be to you and the more interesting the

two of you will find each other. It doesn't really matter what you teach your dog as long as you keep working your dog. You could teach him to shake hands, roll over, say his prayers and bop the standing clown balloon with his nose to create this magic. The advantage to the exercises presented in this

guide is that they are useful skills for your dog to have.

Training Schedule

Week One

Doggie Zen (Leave It)

- Step One - p. 10

Goal: Your dog waits for you to place the treat in his mouth five times in a row.

- Step Two - p. 10

Goal: Your dog watches your hand without mugging it until you click five times in a row.

□ Step Three - p. 11

Goal: Your dog pulls away from your hand five times in a row even as you wiggle your fingers.

Power Steering (Loose-Leash Walking)

- ▣ Step One - p. 16 or 24 or 32
- ▣ Step Two - p. 17 or 24 or 32
- ▣ Step Three - p. 17 or 25 or 32

Sits

- ▣ Step One - p. 38
Goal: Your dog sits 15 times while you wait.

□ **Step Two - p. 39**

Goal: Record the overall time it takes your dog to offer 15 sits.

□ **Step Three - p. 39**

Goal: Record the overall time it takes your dog to offer 15 sits. This time should be shorter than the time in the previous step; if it isn't, repeat this step in another training session.

Downs

□ **Step One - p. 42**

Goal: Your dog lies down 15 times for a treat.

□ **Step Two - p. 42**

Goal: Your dog lies down 15 times for a treat while you record the overall time.

□ **Step Three - p. 43**

Goal: Record the overall amount of time it takes for your dog to do 15 downs. If your time is slower than the previous time, try repeating this step in another training session.

Name Response

□ **Step One - p. 53**

Goal: Your dog immediately looks at you when you say his name.

□ Step Two - p. 53

Goal: Your dog immediately looks away from the treat and at you five times in a row when you say his name, without needing farther intervention.

□ Step Three - p. 54

Goal: Your dog immediately looks away from the active distraction five times in a row when you say his name, without needing farther intervention.

Accepting Restraint

- Step One - p. 62

Goal: Your dog relaxes a bit
when you restrain him.

Week Two

Doggie Zen (Leave It)

□ Step Four - p. 11

Goal: Your dog pulls away from your hand five times in a row even when he can see the treat you are holding.

□ Step Five - p. 11

Goal: Your dog stays away from the treat even when he can see it sitting on a surface five times in a row.

□ Step Six - p. 12

Goal: Your dog stays away from a treat on the floor five times in a row even if your foot isn't covering it.

Power Steering (Loose-Leash Walking)

- Step Four - p. 17 or 25 or 33
- Step Five - p. 17 or 25 or 33
- Step Six - p. 18 or 26 or 34

Sits

- Step Four - p. 40
Goal: Your dog sits when you give the "sit" command.

□ **Step Five - p. 40**

Goal: Your dog's average time is less than 6 seconds per sit.

□ **Step Six - p. 40**

Goal: Your dog sits on command 15 times when you are standing two feet away.

Downs

□ **Step Four - p. 43**

Goal: Your dog lies down as soon as you give the command.

□ **Step Five - p. 43**

Goal: Your dog's average time is less than 8 seconds per down.

□ Step Six - p. 44

Goal: Your dog lies down on command with you standing 2 feet away.

Name Response

□ Step Four - p. 54

Goal: Your dog turns to look at you when you say his name even with someone actively trying to distract him.

Recalls

- Step One - p. 55

Accepting Restraint

- Step Two - p. 62

Goal: Your dog calms down
from a state of excitement
when you restrain him.

Week Three

Doggie Zen (Leave It)

- Step Seven - p. 12

Goal: Your dog moves away from a treat if you give the command to leave it five times in a row.

- Step Eight - p. 13

Goal: Your dog waits for the treat to be placed in his mouth even if it is being held by another person five times in a row.

□ Step Nine - p. 13

Goal: Your dog pulls away from other people holding out treats five times in a row.

Power Steering (Loose-Leash Walking)

- Step Seven - p. 18 or 26 or 35
- Step Eight - p. 18 or 26 or 35
- Step Nine - p. 19 or 27 or 35

Sits

- Step Seven - p. 41

Goal: Your dog sits on command when you are standing up to six feet away.

- **Step Eight - p. 41**

Goal: Your dog sits on command when you are standing up to ten feet away.

Downs

- **Step Seven - p. 44**

Goal: Your dog lies down on command with you standing up to 6 feet away.

- **Step Eight - p. 44**

Goal: Your dog lies down on command when you are standing up to 10 feet away.

Stays

- Step One - p. 45

Goal: Your dog remains sitting while you walk back and forth to get treats.

- Step Two - p. 45

Goal: Your dog sits while you walk back and forth to get treats.

Place

- Step One - p. 58

Goal: Your dog learns that the mat is where treats will appear when you are eating.

- **Step Two - p. 58**

Goal: Your dog moves to his mat when you say "Place!"

Accepting Restraint

- **Step Three - p. 62**

Goal: Your dog accepts being lifted and laid onto his side calmly.

Recalls

- **Step Two - p. 55**

Week Four

Doggie Zen (Leave It)

- Step Ten - p. 13

Goal: Your dog learns to leave treats on the floor alone on the command "Leave it!" five times in a row.

Power Steering (Loose-Leash Walking)

- Step Ten - p. 19 or 27 or 35
- Step Eleven - p. 20 or 28 or 36

Stays

- Step Three - p. 46
Goal: Your dog sits while you walk 8 feet away.
- Step Four - p. 46
Goal: Your dog sits while you walk 10 feet away.

- **Step Five - p. 46**

Goal: Your dog sits while you walk 12 feet away.

The Waiting Game

- **Step One - p. 49**

Goal: Your dog hesitates when you move your hand to toss the next treat.

- **Step Two - p. 49**

Goal: Your dog hesitates as soon as you say "Wait."

- **Step Three - p. 49**

Goal: Your dog will stop for as long as one second when you say "Wait".

Recalls

- Step Three - p. 56

Place

- Step Three - p. 58

Goal: You can send your dog to his mat from up to 8 feet away.

- Step Four - p. 59

Goal: Your dog stays on his mat throughout your whole meal.

- Step Five - p. 59

Goal: Your dog stays on his mat for 15 to 30 minutes, with up to 30 seconds between treats.

Accepting Restraint

□ Step Four - p. 63

Week Five

Doggie Zen (Leave It)

- Step Eleven - p. 14

Goal: Your dog leaves smelly objects alone as soon as you say "Leave it!" without checking them farther five times in a row.

Power Steering (Loose-Leash Walking)

- Step Thirteen - p. 20 or 29 or 36
- Step Fourteen - p. 21 or 29 or 36
- Step Fifteen - p. 21 or 29 or 37

Stays

- Step Six - p. 46

Goal: Your dog holds a sit without being tied while you walk 6 feet away.

□ **Step Seven - p. 47**

Goal: Your dog holds a sit off lead while you walk 6 feet away.

The Waiting Game

□ **Step Four - p. 50**

Goal: Your dog obeys a command to sit after you say "Wait".

□ **Step Five - p. 50**

Goal: Your dog immediately turns to face you when you say his name and hesitates when you say the word Wait.

□ **Step Six - p. 51**

Goal: Your dog waits for a second after you say "Wait."

□ **Step Seven - p. 51**

Goal: Your dog sits promptly when you tell him to wait and sit.

Recalls

□ **Step Four - p. 56**

Place

□ **Step Six - p. 59**

Goal: Your dog stays on his mat located 6-8 feet away for 15 to 30 minutes, with up to 1 minute between treats.

Training Schedule

Week Six

Doggie Zen (Leave It)

- Step Twelve - p. 14

Goal: Your dog obeys your "Leave it!" command even when there is no one next to the treat to defend it five times in a row.

Power Steering (Loose-Leash Walking)

- Step Sixteen - p. 22 or 30 or 37
- Step Seventeen - p. 22 or 30 or 38
- Step Eighteen - p. 23 or 31 or 38

Stays

- Step Eight - p. 47

Goal: Your dog holds his sit off lead while you walk up to 6 feet away and hesitate one 1 before returning.

- **Step Nine - p. 47**

Goal: Your dog holds his sit off lead while you walk up to 8 feet away and hesitate 1 second before returning.

The Waiting Game

- **Step Eight - p. 52**

Goal: Your dog immediately turns to face you, then hesitates when you say "Wait" even with someone else distracting him.

- **Step Nine - p. 52**

Goal: Your dog waits and sits on command with someone distracting him.

Recalls

- Step Five - p. 56

Place

- Step Seven - p. 60

Goal: Your dog stays on his mat located 6-8 feet away for 15 to 30 minutes, with up to 90 seconds between treats.

- Step Eight - p. 60

Goal: Your dog goes to his mat when the doorbell rings before you say "Place."

Door Safety

□ Step One - p. 65

Goal: When you open the door, your dog stands inside and waits for permission to go through the door.

□ Step Two - p. 66

Goal: When you open the door, your dog stands inside and waits for permission to go through the door off lead (dragging the house line).

□ Step Three - p. 67

Goal: Your dog waits for permission to go through an exit, even if someone walks through the door ahead of him.

Appendix B - Training Log

Doggie Zen

Step One - p. 10

Goal: Your dog waits for you to place the treat in his mouth five times in a row.

Location: _____

Time of Day: _____

Type of Treats: _____

Number of trials: _

Step Two - p. 10

Goal: Your dog watches your hand without mugging it until you click five times in a row.

Location: _____

Time of Day: _____

Type of Treats: _____

fill out one box per trial

N = No touch (dog did not touch your hand)

T = Touch (dog touched your hand)

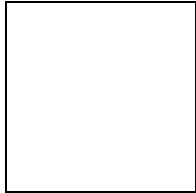
Step Three - p. 11

Goal: Your dog pulls away from your hand five times in a row even as you wiggle your fingers.

Location: _____

Time of Day: _____

Type of Treats: _____



N = No touch (dog did not touch your hand)

T = Touch (dog touched your hand)

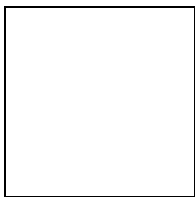
Step Four - p. 11

Goal: Your dog pulls away from your hand five times in a row even when he can see the treat you are holding.

Location: _____

Time of Day: _____

Type of Treats: _____



O = Open hand (was able to keep hand open the entire time)

C = Closed hand (you had to close your hand over the treat)

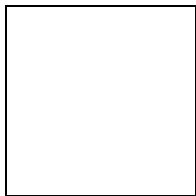
Step Five - p. 11

Goal: Your dog stays away from the treat even when he can see it sitting on a surface five times in a row.

Location: _____

Time of Day: _____

Type of Treats: _____



N = treat Not covered (did not have to cover treat)

C = Covered treat (had to cover treat with your hand)

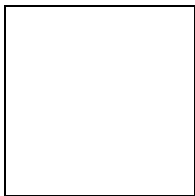
Step Six - p. 12

Goal: Your dog stays away from a treat on the floor five times in a row even if your foot isn't covering it.

Location: _____

Time of Day: _____

Type of Treats: _____



N = treat Not covered (did not have to cover treat)

C = Covered treat (had to cover treat with your foot)

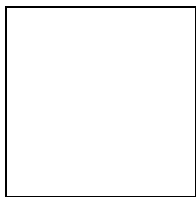
Step Seven - p. 12

Goal: Your dog moves away from a treat if you give the command to leave it—five times in a row.

Location: _____

Time of Day: _____

Type of Treats: _____



O = Open hand (kept hand open)

C = Closed hand (had to close hand over treat)

Step Eight - p. 13

Goal: Your dog waits for the treat to be placed in his mouth even if it is being held by another person five times in a row.

Location: _____

Time of Day: _____

Type of Treats: _____

Helper: _____

Number of Trials:

Step Nine - p. 13

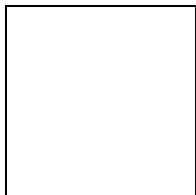
Goal: Your dog pulls away from other people holding out treats five times in a row.

Location: _____

Time of Day: _____

Type of Treats: _____

Helper: _____



N = No touch (dog did not touch hand)

T = Touch (dog touched hand)

Step Ten - p. 13

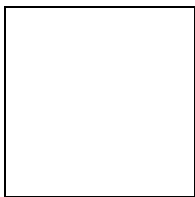
Goal: Your dog learns to leave treats on the floor alone on the command "Leave it!" five times in a row.

Location: _____

Time of Day: _____

Type of Treats: _____

Helper: _____



N = treat Not covered (did not have to cover treat)

C = treat Covered (had to cover treat)

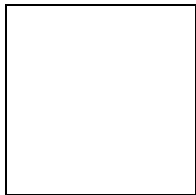
Step Eleven - p. 14

Goal: Your dog leaves smelly objects on the floor alone as soon as you say "Leave it!" without checking them further five times in a row.

Location: _____

Time of Day: _____

Type(s) of Food-like
Objects: _____



N = No restraint needed (dog immediately responded to command)

R = Restrained (dog had to be restrained after command)

Step Twelve - p. 14

Goal: Your dog obeys your "Leave it!" command even when there is no one next to the treat to defend it five times in a row.

Location: _____

Time of Day: _____

Type of Treats: _____

N = No restraint needed (dog immediately responded to command)

R = Restrained (dog had to be
restrained after command)

Power Steering - Targeting

Step One - p. 16

Goal: Your dog nudges your hand 15 times.

Place: _____

Time: _____

Type of treats: _____

Type of extra help given:

T = dog Touched hand

N = dog did Not touch hand

Step Two - p. 17

Goal: Your dog turns his head or moves one front foot in order to nudge your hand 15 times.

Place: _____

Time: _____

Type of treats: _____

T = dog dog Touched hand

N = dog did Not touch hand

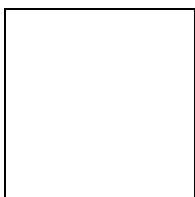
Step Three - p. 17

Goal: Your dog follows your hand for one step in order to nudge your hand 15 times.

Place: _____

Time: _____

Type of treats: _____



T = dog Touched hand

N = dog did Not touch hand

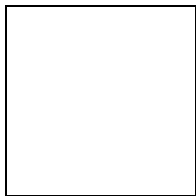
Step Four - p. 17

Goal: Your dog takes two steps to nudge your hand 15 times.

Place: _____

Time: _____

Type of treats: _____



T = dog Touched hand

N = dog did Not touch hand

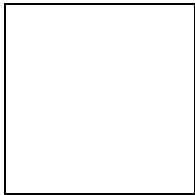
Step Five - p. 17

Goal: Your dog takes three or four steps with his front feet in order to nudge your hand.

Place: _____

Time: _____

Type of treats: _____



T = dog Touched hand

N = dog did Not touch hand

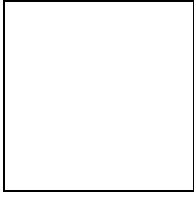
Step Six - p. 18

Goal: Your dog can follow your hand in a circle or a serpentine.

Place: _____

Time: _____

Type of treats: _____



T = dog Touched hand

N = dog did Not touch hand

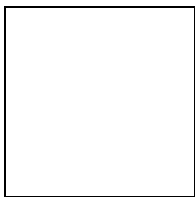
Step Seven - p. 18

Goal: Your dog can walk as many as six steps with you while watching your hand.

Place: _____

Time: _____

Type of treats: _____



= number of steps before
dog is clicked

Step Eight - p. 18

Goal: Your dog moves to bump your hand even with distractions.

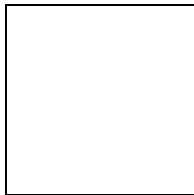
Place: _____

Time: _____

Type of treats: _____

Helper: _____

Distractions: _____



B = Bump (dog did not take
any steps)

= number of steps dog took
to bump hand

N = No click

Step Nine - p. 19

Goal: Your dog sits when you stop walking.

Place: _____

Time: _____

Type of treats: _____

S = halt with Sit without a command (dog anticipates command)

H = Halt with sit with a command

N = No sit

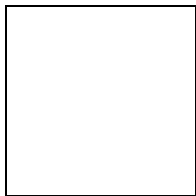
Step Ten - p. 19

Goal: Your dog walks up to 12 steps at a time before you click and treat.

Place: _____

Time: _____

Type of treats: _____



= number of steps between clicks

N = No click, stop with a time out

Step Eleven - p. 20

Goal: Your dog moves with you for up to 12 steps while someone tries to tempt him away.

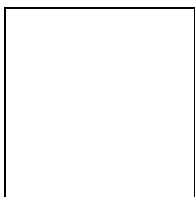
Place: _____

Time: _____

Type of treats: _____

Helper: _____

Distractions: _____



= number of steps before
click

N = No click, stop with a time
out

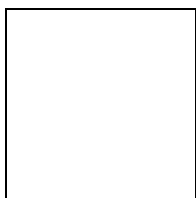
Step Twelve - p. 20

Goal: Your dog does an automatic sit after walking as many as 12 steps in a row with you.

Place: _____

Time: _____

Type of treats: _____



= number of steps before
halt with sit

N = No sit

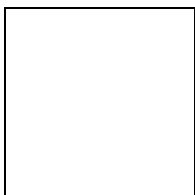
Step Thirteen - p. 20

Goal: Your dog does an automatic sit even if you are not looking at him.

Place: _____

Time: _____

Type of treats: _____



S = halt with Sit

N = No sit

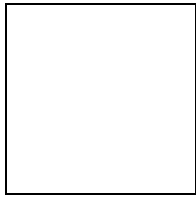
Step Fourteen - p. 21

Goal: Your dog moves up to 12 steps with you and does an automatic sit without the clicker, just treats.

Place: _____

Time: _____

Type of treats: _____



= number of steps between
each click

#S = number of steps
followed by a Sit

N = No sit with a time out

Step Fifteen - p. 21

*Goal: Your dog moves up to 12 steps with
you and does an automatic sit with
distractions.*

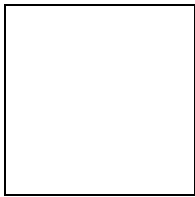
Place: _____

Time: _____

Type of treats: _____

Helper: _____

Distractions: _____



#S = number of steps
followed by a Sit

= number of steps before
click (no sit)

N = No click with a time out

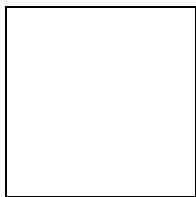
Step Sixteen - p. 22

Goal: Your dog moves up to 15 steps with you and does an automatic sit when you halt.

Place: _____

Time: _____

Type of treats: _____



= number of steps before
click (no sit)

#S = number of steps
followed by a Sit

N = No click with a time out

Step Seventeen - p.

22

Goal: Your dog moves up to 15 steps with you and does an automatic sit when you halt with distractions.

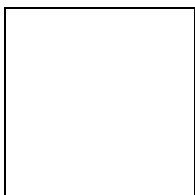
Place: _____

Time: _____

Type of treats: _____

Helper: _____

Distractions: _____



= number of steps (no sit)

#S = number of steps

followed by a Sit

N = No click with a time out

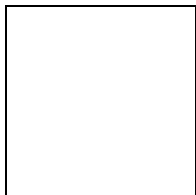
Step Eighteen - p. 23

Goal: Your dog moves up to 20 steps with you and does an automatic sit when you halt.

Place: _____

Time: _____

Type of treats: _____



= number of steps (no sit)

#S = number of steps

followed by a Sit

Power Steering - Targeting

N = No click with a time out

Power Steering - Responsible Heeling

Step One - p. 24

*Goal: Your dog is clicked 25 times for
looking at you.*

Place: _____

Treats: _____

Start Time: _____

End Time: _____

Total Time: _____

Step Two - p. 24

Goal: Your dog is clicked 25 times for taking one step toward you as you move backward.

Place: _____

Treats: _____

Start Time: _____

End Time: _____

Total Time: _____

Step Three - p. 25

Goal: Your dog is clicked 25 times for taking two steps toward you when you move backward.

Place: _____

Treats: _____

Start Time: _____

End Time: _____

Total Time: _____

Step Four - p. 25

Goal: Your dog is clicked 25 times for taking three steps toward you when you move backward.

Place: _____

Treats: _____

Start Time: _____

End Time: _____

Total Time: _____

Step Five - p. 25

Goal: Your dog looks at you and moves up to three steps with you when you move backward with distractions.

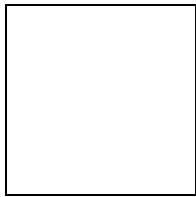
Place: _____

Time: _____

Treats: _____

Helper: _____

Distractions: _____



L = Look

= number of steps

Step Six - p. 26

Goal: Your dog moves toward you and keeps looking at you as you pivot to face in the same direction as he is.

Place: _____

Power Steering - Responsible Heeling

Treats: _____

Start Time: _____

End Time: _____

Total Time: _____

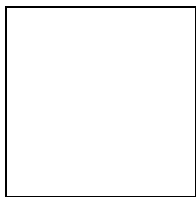
Step Seven - p. 26

Goal: Your dog moves toward you when you back up, then continues moving in the same direction as you pivot and walk forward up to three steps.

Place: _____

Time: _____

Treats: _____



= number of steps

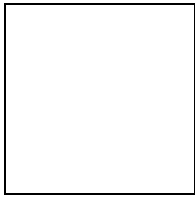
Step Eight - p. 26

Goal: You click your dog 25 times for catching up with you.

Place: _____

Time: _____

Treats: _____



= number of steps

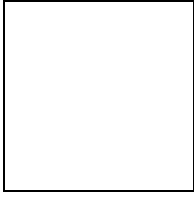
Step Nine - p. 27

Goal: When you walk away from your dog, he catches up with you and can walk one step with you before you click.

Place: _____

Time: _____

Treats: _____



= number of steps

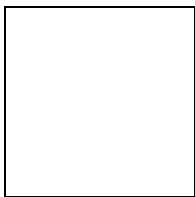
Step Ten - p. 27

Goal: When you walk away from your dog, he catches up with you and can walk two steps with you before you click.

Place: _____

Time: _____

Treats: _____



= number of steps taken by handler/# of steps taken together before click

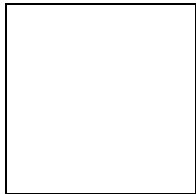
Step Eleven - p. 28

Goal: When you walk away from your dog, he catches up with you and can walk three steps with you before you click.

Place: _____

Time: _____

Treats: _____



= number of steps taken by handler/# of steps taken together before click

Step Twelve - p. 28

Goal: Your dog catches up with you even when tempted away by someone else.

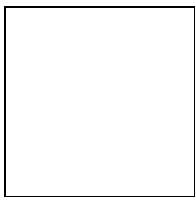
Place: _____

Time: _____

Treats: _____

Helper: _____

Distractions: _____



= number of steps taken by handler/# of steps taken together before click

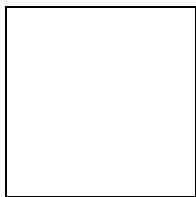
Step Thirteen - p. 29

Goal: When you walk away from your dog, he catches up with you and can walk five steps with you before you click.

Place: _____

Time: _____

Treats: _____



= number of steps taken by handler/# of steps taken together before click

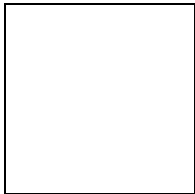
Step Fourteen - p. 29

Goal: Your dog walks with you on lead without pulling it out of your hand for up to five steps at a time.

Place: _____

Time: _____

Treats: _____



= number of steps taken by handler/# of steps taken together before click

P = dog Pulls leash away from you

Step Fifteen - p. 29

Goal: Your dog walks with you on lead with distractions without pulling it out of your hand for up to five steps at a time.

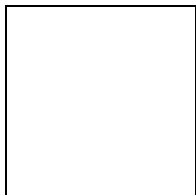
Place: _____

Time: _____

Treats: _____

Helper: _____

Distractions: _____



= number of steps taken by handler/# of steps taken together before click

P = dog Pulls leash away
from you

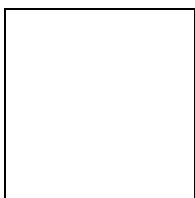
Step Sixteen - p. 30

*Goal: Your dog walks with you on lead
without pulling it out of your hand for
up to six steps at a time.*

Place: _____

Time: _____

Treats: _____



= number of steps taken by
handler/# of steps taken
together before click

P = dog Pulls leash away
from you

Step Seventeen - p.

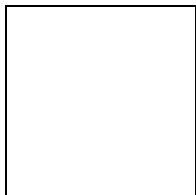
30

Goal: Your dog walks with you on lead without pulling it out of your hand for up to seven steps at a time.

Place: _____

Time: _____

Treats: _____



= number of steps taken by
handler/# of steps taken
together before click

P = dog Pulls leash away
from you

Step Eighteen - p. 31

*Goal: Your dog walks with you on lead
with distractions without pulling it out
of your hand for up to seven steps at a
time.*

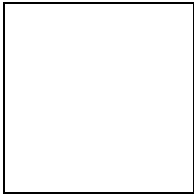
Place: _____

Time: _____

Treats: _____

Helper: _____

Distractions: _____



= number of steps taken by
handler/# of steps taken
together before click

P = dog Pulls leash away
from you

Power Steering - Penalty Yard/Paper- Clip Heeling

Step One - p. 32

Goal: You click and treat your dog 25 times for looking at you.

Place: _____

Treats: _____

Start: _____

End: _____

Total time: _____

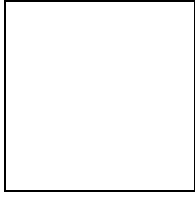
Step Two - p. 32

Goal: You click and treat your dog 25 times in the middle of slow-motion steps forward.

Place: _____

Time: _____

Treats: _____



C = Click

S = Stop without click

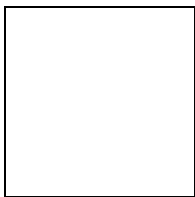
Step Three - p. 32

Goal: You click and treat your dog 25 times after two slow-motion steps forward.

Place: _____

Time: _____

Treats: _____



C = Click

S = Stop without click

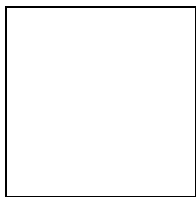
Step Four - p. 33

Goal: You click and treat your dog 25 times for taking three slow-motion steps on lead with you.

Place: _____

Time: _____

Treats: _____



C = Click

S = Stop without click

Step Five - p. 33

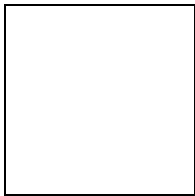
Goal: Your dog walks 20 feet being reinforced for every step forward without

having to go through Penalty Yards or Paper-clip Heeling.

Place: _____

Time: _____

Treats: _____



C = Click

P = Penalty yards or Paper-clip heeling

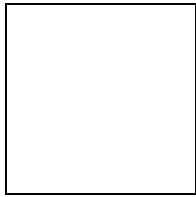
Step Six - p. 34

Goal: Your dog walks 30 feet being reinforced for every step forward on a loose leash without having to go through Penalty Yards or Paper-clip Heeling.

Place: _____

Time: _____

Treats: _____



C = Click

P = Penalty yards or Paper-clip heeling

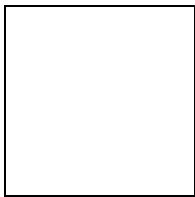
Step Seven - p. 35

Goal: Your dog walks 30 feet being reinforced for every other step forward on a loose leash without having to go through Penalty Yards or Paper-clip Heeling.

Place: _____

Time: _____

Treats: _____



C = Click

P = Penalty yards or Paper-clip heeling

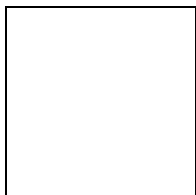
Step Eight - p. 35

Goal: Your dog walks 30 feet being reinforced for every 1-3 steps forward on a loose leash without having to go through Penalty Yards or Paper-clip Heeling.

Place: _____

Time: _____

Treats: _____



= number of steps

P = Penalty yards or Paper-clip heeling

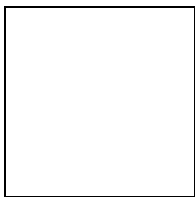
Step Nine - p. 35

Goal: Your dog walks 30 feet being reinforced for every 1-4 steps forward on a loose leash without having to go through Penalty Yards or Paper-clip Heeling.

Place: _____

Time: _____

Treats: _____



= number of steps

P = Penalty yards or Paper-clip heeling

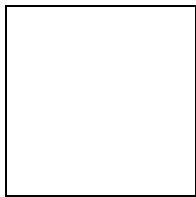
Step Ten - p. 35

Goal: Your dog walks 30 feet being reinforced for every 1-5 steps forward on a loose leash without having to go through Penalty Yards or Paper-clip Heeling.

Place: _____

Time: _____

Treats: _____



= number of steps

P = Penalty yards or Paper-clip heeling

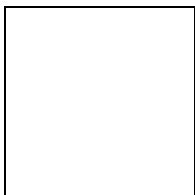
Step Eleven - p. 36

Goal: Your dog walks 30 feet being reinforced for every 1-6 steps forward on a loose leash without having to go through Penalty Yards or Paper-clip Heeling.

Place: _____

Time: _____

Treats: _____



= number of steps

P = Penalty yards or Paper-clip heeling

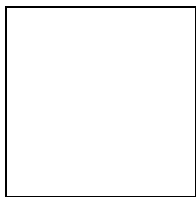
Step Twelve - p. 36

Goal: Your dog walks 30 feet being reinforced for every 1-7 steps forward on a loose leash without having to go through Penalty Yards or Paper-clip Heeling.

Place: _____

Time: _____

Treats: _____



= number of steps

P = Penalty yards or Paper-clip heeling

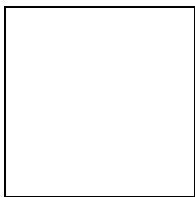
Step Thirteen - p. 36

Goal: Your dog walks 30 feet on a loose leash without having to go through Penalty Yards or Paper-clip Heeling.

Place: _____

Time: _____

Treats: _____



= number of steps

P = Penalty yards or Paper-clip heeling

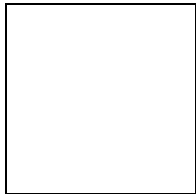
Step Fourteen - p. 36

Goal: Your dog walks on a loose lead without the temptation of a container of treats to focus him.

Place: _____

Time: _____

Treats: _____



= number of steps

P = Penalty yards or Paper-clip heeling

Step Fifteen - p. 37

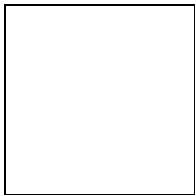
Goal: Your dog walks 30 feet with a loose leash toward a high-value temptation.

Place: _____

Time: _____

Treats: _____

Distraction: _____



= number of steps

P = Penalty yards or Paper-clip heeling

Step Sixteen - p. 37

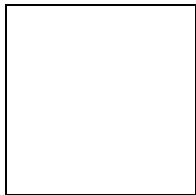
Goal: Your dog walks around the high-value temptation on a loose lead.

Place: _____

Time: _____

Treats: _____

Distraction: _____



= number of steps

P = Penalty yards or Paper-clip heeling

Step Seventeen - p.

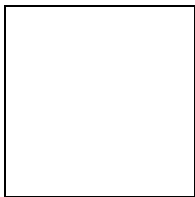
38

Goal: You and your dog walk 30 feet toward a container of treats on the floor without either of you pulling on the leash.

Place: _____

Time: _____

Treats: _____



= number of steps

P = Penalty yards or Paper-clip heeling

Step Eighteen - p. 38

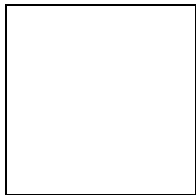
Goal: You and your dog walk around the high-value temptation with a loose lead.

Place: _____

Time: _____

Treats: _____

Distraction: _____



= number of steps

P = Penalty yards or Paper-clip heeling

Sits

Step One - p. 39

Goal: Your dog sits 15 times while you wait.

Place: _____

Treats: _____

Start: _____

End: _____

Total Time: _____

Step Two - p. 39

Goal: Record the overall time it takes your dog to offer 15 sits.

Place: _____

Treats: _____

Start: _____

End: _____

Total Time: _____

Step Three - p. 39

Goal: Record the overall time it takes your dog to offer 15 sits. This time should be shorter than the time in the previous

Sits

step; if it isn't, repeat this step in another training session.

Place: _____

Treats: _____

Start: _____

End: _____

Total Time: _____

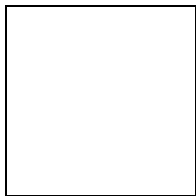
Step Four - p. 40

Goal: Your dog sits when you give the "sit" command.

Place: _____

Time: _____

Treats: _____



S = Sit

N = No response

Step Five - p. 40

Goal: Your dog's average time is less than 6 seconds per sit.

Place: _____

Sits

Treats: _____

of sits: _____

Time: _____

Seconds per sit: _____

Place: _____

Treats: _____

of sits: _____

Time: _____

Seconds per sit: _____

Place: _____

Treats: _____

of sits: _____

Time: _____

Seconds per sit: _____

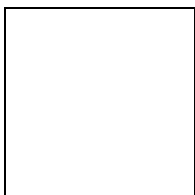
Step Six - p. 40

Goal: Your dog sits on command 15 times when you are standing two feet away.

Place: _____

Time: _____

Treats: _____



S = immediate Sit

D = Delayed sit or second command

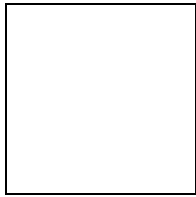
Step Seven - p. 41

Goal: Your dog sits on command when you are standing up to six feet away.

Place: _____

Time: _____

Treats: _____



Distance/S (immediate Sit) or
D (Delayed sit or second
command)

Step Eight - p. 41

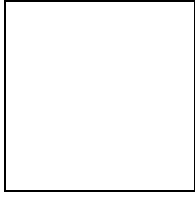
*Goal: Your dog sits on command when
you are standing up to ten feet away.*

Place: _____

Time: _____

Treats: _____

Sits



Distance/S (immediate Sit) or
D (Delayed sit or second
command)

Downs

Step One - p. 42

Goal: Your dog lies down 15 times for a treat.

Place: _____

Treats: _____

Start: _____

End: _____

Total Time: _____

Step Two - p. 42

Goal: Your dog lies down 15 times for a treat while you record the overall time.

Place: _____

Treats: _____

Start: _____

End: _____

Total Time: _____

Step Three - p. 43

Goal: Record the overall amount of time it takes for your dog to do 15 downs. If your time is slower than the previous

Downs

time, try repeating this step in another training session.

Place: _____

Treats: _____

Start: _____

End: _____

Total Time: _____

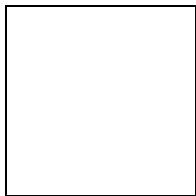
Step Four - p. 43

Goal: Your dog lies down as soon as you give the command.

Place: _____

Time: _____

Treats: _____



D = Down

N = No response

Step Five - p. 43

Goal: Your dog's average time is less than 8 seconds per down.

Place: _____

Downs

Treats: _____

of downs: _____

Time: _____

Seconds per down:

Place: _____

Treats: _____

of downs: _____

Time: _____

Seconds per down:

Place: _____

Treats: _____

of downs: _____

Time: _____

Seconds per down:

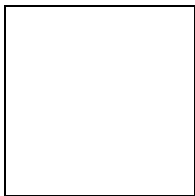
Step Six - p. 44

Goal: Your dog lies down on command with you standing 2 feet away.

Place: _____

Time: _____

Treats: _____



D = immediate Down

S = Slow down or second command

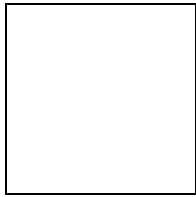
Step Seven - p. 44

Goal: Your dog lies down on command with you standing up to 6 feet away.

Place: _____

Time: _____

Treats: _____



Distance/D (immediate
Down) or S (Slow down or
second command)

Step Eight - p. 44

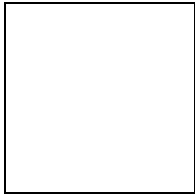
*Goal: Your dog lies down on command
when you are standing up to 10 feet
away.*

Place: _____

Time: _____

Downs

Treats: _____



Distance/D (immediate
Down) or S (Slow down or
second command)

Stays

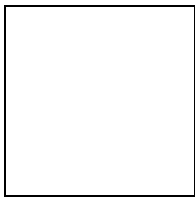
Step One - p. 45

Goal: Your dog remains sitting while you walk back and forth to get treats.

Place: _____

Time: _____

Treats: _____



R = Remained in position

G = Got up

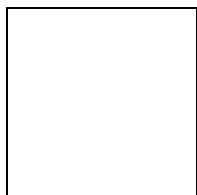
Step Two - p. 45

Goal: Your dog sits while you walk back and forth to get treats.

Place: _____

Time: _____

Treats: _____



R = Remained in position

G = Got up

Step Three - p. 46

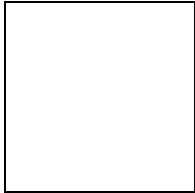
Goal: Your dog sits while you walk 8 feet away.

Place: _____

Stays

Time: _____

Treats: _____



R = Remained in position

G = Got up

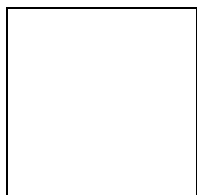
Step Four - p. 46

Goal: Your dog sits while you walk 10 feet away.

Place: _____

Time: _____

Treats: _____



R = Remained in position

G = Got up

Step Five - p. 46

Goal: Your dog sits while you walk 12 feet away.

Place: _____

Stays

Time: _____

Treats: _____

R = Remained in position

G = Got up

Step Six - p. 46

Goal: Your dog holds a sit without being tied while you walk 6 feet away.

Place: _____

Time: _____

Treats: _____

R = Remained in position

G = Got up

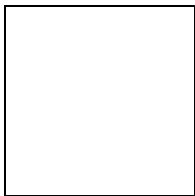
Step Seven - p. 47

Goal: Your dog holds a sit off lead while you walk 6 feet away.

Place: _____

Time: _____

Treats: _____



R = Remained in position

G = Got up

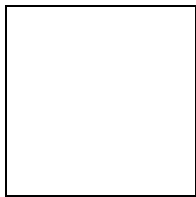
Step Eight - p. 47

Goal: Your dog holds his sit off lead while you walk up to 6 feet away and hesitate one 1 before returning.

Place: _____

Time: _____

Treats: _____



HR = handler Hesitated

before returning, dog

Remained in position

HG = handler Hesitated

before returning, dog Got up

IR = handler Immediately

returned, dog Remained in

position

IG = handler Immediately

returned, dog Got up

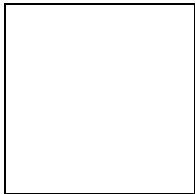
Step Nine - p. 47

Goal: Your dog holds his sit off lead while you walk up to 8 feet away and hesitate 1 second before returning.

Place: _____

Time: _____

Treats: _____



HR = handler Hesitated

before returning, dog

Remained in position

HG = handler Hesitated

before returning, dog Got up

IR = handler Immediately
returned, dog Remained in
position

IG = handler Immediately
returned, dog Got up

Stays

The Waiting Game

Step One - p. 49

Goal: Your dog hesitates when you move your hand to toss the next treat.

Place: _____

Time: _____

Treats: _____

of treats tossed: _

of times dog returned to handler: _____

Step Two - p. 49

Goal: Your dog hesitates as soon as you say "Wait."

Place: _____

Time: _____

Treats: _____

of treats tossed: _

of times dog returned to handler: _____

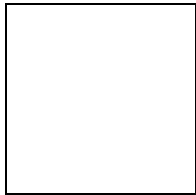
Step Three - p. 49

Goal: Your dog will stop for as long as one second when you say "Wait".

Place: _____

Time: _____

Treats: _____



T = treat Tossed immediately

W = Wait

O = time Out

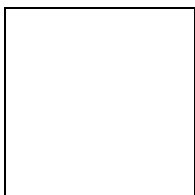
Step Four - p. 50

Goal: Your dog obeys a command to sit after you say "Wait".

Place: _____

Time: _____

Treats: _____



S = Sit

W = Wait

O = had to give dog time Out

Step Five - p. 50

Goal: Your dog immediately turns to face you when you say his name and hesitates when you say the word Wait.

Place: _____

Time: _____

Treats: _____

of treats tossed: _

of times dog waited:

of times dog returned to
handler: _____

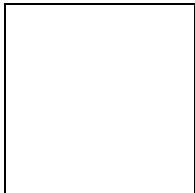
Step Six - p. 51

Goal: Your dog waits for a second after you say "Wait."

Place: _____

Time: _____

Treats: _____



S = Sit

W = Wait

O = time Out

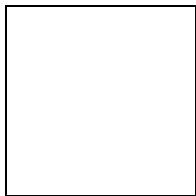
Step Seven - p. 51

Goal: Your dog sits promptly when you tell him to wait and sit.

Place: _____

Time: _____

Treats: _____



S = Sit

W = Wait

O = time Out

Step Eight - p. 52

Goal: Your dog immediately turns to face you, then hesitates when you say "Wait" even with someone else distracting him.

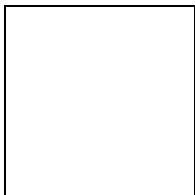
Place: _____

Time: _____

Treats: _____

Helper: _____

Distractions: _____



W = Wait

O = time Out

Step Nine - p. 52

Goal: Your dog waits and sits on command with someone distracting him.

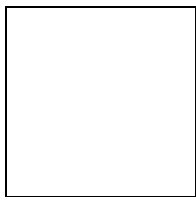
Place: _____

Time: _____

Treats: _____

Helper: _____

Distractions: _____



S = Sit

W = Wait

O = time Out

The Waiting Game

Name

Response

Step One - p. 53

Goal: Your dog immediately looks at you when you say his name.

Place: _____

of treats: _____

Start: _____

End: _____

Total time: _____

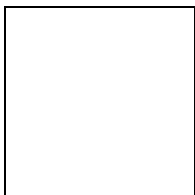
Step Two - p. 53

Goal: Your dog immediately looks away from the treat and at you five times in a row when you say his name, without needing farther intervention.

Place: _____

Time: _____

Treats: _____



L = Looked

D = Did not look

Step Three - p. 54

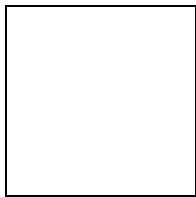
Goal: Your dog immediately looks away from the active distraction five times in a row when you say his name, without needing farther intervention.

Place: _____

Time: _____

Treats: _____

Distraction: _____



L = Looked

D = Did not look

Step Four - p. 54

Goal: Your dog turns to look at you when you say his name even with someone actively trying to distract him.

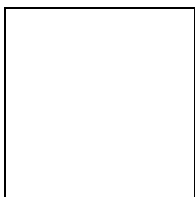
Place: _____

Time: _____

Treats: _____

Helper: _____

Distractions: _____



L = Looked

D = Did not look

Name Response

Recalls

Step One - p. 55

Write name of rooms recalls
practiced in box

Step Two - p. 55

Write name of places recalls
practiced in box

Step Three - p. 56

Write name of place in box
plus rate your dog's
distraction level at the
beginning of the session and
at the end of session

1-----9

not distracted very
distracted

Step Four - p. 56

Write name of helper in box
plus rate your dog's
distraction level at the
beginning of the session and
at the end of session

1 ----- 9

not distracted very
distracted

Step Five - p. 56

Write the name of the place
in the box, the number of
repetitions in each place
plus rate your dog's
distraction level at the
beginning and at the end of
the session

1-----9

not distracted very
distracted

Place

Step One - p. 58

Goal: Your dog learns that the mat is where treats will appear when you are eating.

Place: _____

Treats: _____

of Treats: _____

Start: _____

End: _____

Total Time: _____

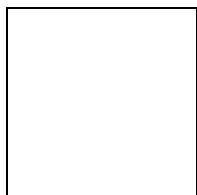
Step Two - p. 58

Goal: Your dog moves to his mat when you say "Place!"

Place: _____

Time: _____

Treats: _____



PT = command "Place" and immediate Toss

PH = command "Place" with Hesitation

PN = command "Place" with No response

Place

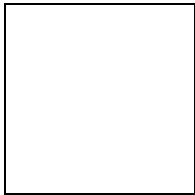
Step Three - p. 58

Goal: You can send your dog to his mat from up to 8 feet away.

Place: _____

Time: _____

Treats: _____



Distance/I = Immediate
response or W = Walked dog
to mat

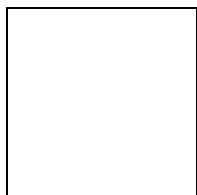
Step Four - p. 59

Goal: Your dog stays on his mat throughout your whole meal.

Place: _____

Time: _____

Treats: _____



= number of seconds before
each treat tossed

R = dog had to be Re-
positioned on mat

Place

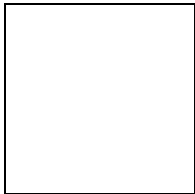
Step Five - p. 59

Goal: Your dog stays on his mat for 15 to 30 minutes, with up to 30 seconds between treats.

Place: _____

Time: _____

Treats: _____



= number of seconds before
each treat tossed

R = dog had to be Re-
positioned on mat

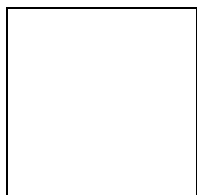
Step Six - p. 59

Goal: Your dog stays on his mat located 6-8 feet away for 15 to 30 minutes, with up to 1 minute between treats.

Place: _____

Time: _____

Treats: _____



= number of seconds before
each treat tossed

R = dog had to be Re-
positioned on mat

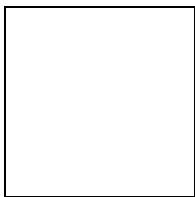
Step Seven - p. 60

Goal: Your dog stays on his mat located 6-8 feet away for 15 to 30 minutes, with up to 90 seconds between treats

Place: _____

Time: _____

Treats: _____



= number of seconds before
each treat tossed

R = dog had to be Re-
positioned on mat

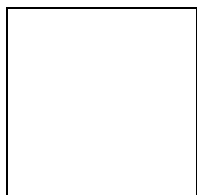
Step Eight - p. 60

Goal: Your dog goes to his mat when the doorbell rings before you say "Place."

Place: _____

Time: _____

Treats: _____



P = dog goes to mat on
command "Place"

W = dog had to be Walked to
mat

Place

Accepting Restraint

Step One - p. 62

Goal: Your dog relaxes a bit when you restrain him.

Place: _____

Time: _____

Brief description of session:

Rate dog's excitement level
at beginning of session:

Rate dog's excitement level
at end of session: _

1 ----- 10

practically asleep extremely
agitated

Step Two - p. 62

*Goal: Your dog calms down from a state
of excitement when you restrain him.*

Place: _____

Time: _____

Brief description of session:

Rate dog's excitement level
at beginning of session:

Rate dog's excitement level
at end of session: _

1-----10

practically asleep extremely
agitated

Step Three - p. 62

Goal: Your dog accepts being lifted and laid onto his side calmly.

Place: _____

Time: _____

Brief description of session:

Rate dog's excitement level
at beginning of session:

Rate dog's excitement level
at end of session: _

1-----10

practically asleep extremely
agitated

Step Four - p. 63

Place: _____

Time: _____

Brief description of session:

Rate dog's excitement level
at beginning of session:

Rate dog's excitement level
at end of session: _

1 ----- 10

practically asleep extremely
agitated

Door Safety

Step One - p. 65

Goal: When you open the door, your dog stands inside and waits for permission to go through the door.

Place: _____

Time: _____

of time outs: _____

Place: _____

Time: _____

of time outs: _____

Place: _____

Time: _____

of time outs: _____

Place: _____

Time: _____

of time outs: _____

Place: _____

Time: _____

of time outs: _____

Step Two - p. 66

Goal: When you open the door, your dog stands inside and waits for permission to go through the door off lead (dragging the house line).

Place: _____

Time: _____

of time outs: _____

Place: _____

Time: _____

of time outs: _____

Place: _____

Time: _____

of time outs: _____

Place: _____

Time: _____

of time outs: _____

Place: _____

Time: _____

of time outs: _____

Step Three - p. 67

Goal: Your dog waits for permission to go through an exit, even if someone walks through the door ahead of him

Place: _____

Time: _____

Helper: _____

of time outs: _____

Place: _____

Time: _____

Helper: _____

of time outs: _____

Place: _____

Time: _____

Helper: _____

of time outs: _____

Place: _____

Time: _____

Helper: _____

of time outs: _____

Place: _____

Time: _____

Helper: _____

Door Safety

of time outs: _____

Door Safety

About the Author

Originally from Iowa City, Iowa, M. Shirley Chong has been training dogs since 1982 and started using clicker training in 1992. Clicker training is based on the principles of operant conditioning and uses positive reinforcement to help the dog learn behaviors.

The Clicker Cookbook begins a new series of general obedience and training guides Shirley plans to write. She has also written "Just Plain Clicker Sense" and is working on a third book detailing her training method for competitive obedience. She has produced two dog-training videos.

Want to learn more?

Check out Shirley's Web site for lots of training tips, and archives of some of the best Clicktrain posts:

<http://www.shirleychong.com>

Shirley also specializes in analyzing dog behavior and correcting problem behaviors, using customized approaches based on the specific dog. She has owned German Shepherds, Belgian Tervuren, Belgian Sheepdogs and Borzoi. She currently shares her home with two Belgian Tervuren, three Belgian Sheepdogs, one German Shepherd, and four cats; oh, and one husband (a rescue). She has rescued and re-homed over 60 dogs of many breeds.

Shirley is co-owner and administrator of two Internet

mailing lists - Clicktrain, for those interested in clicker training and all aspects of operant conditioning, and K-9 Cuisine, for discussions of dog diets. She has a Web site - *www.shirleychong.com* -- loaded with training tips, archives of the best Clicktrain posts, and training photos.

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