



WEEKLY TRAINING GOAL:

1) Hang this schedule in an obvious place 2) pick 1 new goal for this week 3) follow each step to slowly build-up and add distractions to the new cue

**remember: go slow, take longer breaks between reps, stop if anyone is frustrated

<p>MONDAY Introduce concept</p> <hr/> <p>Distraction: quiet comfortable area</p> <hr/> <p>3 repetitions (check off)</p> <ul style="list-style-type: none"> 1) 10 treats 2) 15 treats 3) 10 treats 	<p>TUESDAY Rehearse concept</p> <hr/> <p>Distraction: quiet comfortable area</p> <hr/> <p>3 reps, add verbal cue</p> <ul style="list-style-type: none"> 1) 10 treats 2) 15 treats 3) 20 treats 	<p>WEDNESDAY Rehearse with verbal cue</p> <hr/> <p>Distraction: add background noises and novel items</p> <hr/> <p>3 reps, choose visual cue</p> <ul style="list-style-type: none"> 1) 15 treats 2) 20 treats 3) 15 treats 	<p>THURSDAY Rehearse verbal + visual cue</p> <hr/> <p>Distraction: take it outside, add TV /music</p> <hr/> <p>3 reps, take a video!</p> <ul style="list-style-type: none"> 1) 15 treats 2) 30 treats 3) 15 treats
<p>FRIDAY verbal + visual cue = behavior</p> <hr/> <p>Distraction: Go somewhere new! OR Use play or toys as a reward 3x</p> <hr/> <p>3 reps, in different places</p> <ul style="list-style-type: none"> 1) 15 treats 2) 20 treats 3) 15 treats 	<p>SATURDAY Focus on 1 cue each rep</p> <hr/> <p>Distraction: Play TV or music loud!</p> <hr/> <p>add in other behaviors, reward every 2 cues</p> <ul style="list-style-type: none"> 1) 15 treats 2) 20 treats Visual cue only 3) 15 treats 	<p>SUNDAY Verbal OR Visual cue</p> <hr/> <p>Distraction: add distance, new location, or look away from dog while cueing</p> <hr/> <p>add in more behaviors</p> <ul style="list-style-type: none"> 1) 15 treats 2) visual cue with play reward 3) 15 treats 	<p>Put it all together!</p> <p>Verbal cue= "sit", "down" Visual cue= what your hands do (hand upward, flat palm down, etc.) Treats= vary between low, medium, and high value</p>