LOOSE LEASH (HEEL FOUNDATION)

Your Goal is to Have 3 Consecutive Days In A Row Before Making Things More Difficult

For puppies 1 min at a time several times a day. Older dogs 3 minutes at a time, minimum 3 times a day.

INDOORS

	Day																												
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Sample (X marks 1 day of success)		X					X				X	X				X	X				X	X	X	←	3 days in a row. 🏆					
STATIONARY																														
Pick Up Leash While You Are Sitting Relaxed And Watching Television Or Something Similar																														
During Commercials Without Intentional Distractions																														
During Programming Without Intentional Distractions																														
During Commercials But Occasionally Tossing Toys And/or Treats																														
During Programming But Occasionally Tossing Toys And/or Treats																														

INDOORS

	Day																												
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Sample (X marks 1 day of success)		X					X				X	X				X	X				X	X	X	←	3 days in a row. 🏆					
INMOTION																														
Walking At A Relaxed Pace, Reversing Direction When Dog Doesn't Notice Without Distractions																														
Abruptly Changing Pace Without Distractions (Steady To Slow To Fast To Slow Etc.)																														
Walking At A Normal Pace Around The Inside Of Your Home Occasionally Tossing Toys And Treats																														
Abruptly Changing Pace (Steady To Slow To Fast etc.) While Walking Around The Inside Of Your Home Occasionally Tossing Toys And Treats																														

IN YOUR YARD

	Day																												
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Sample (X marks 1 day of success)		X					X				X	X				X	X				X	X	X	←	3 days in a row. 🏆					
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