IN-HOME (THE CLASSROOM) FIRST THIRTY DAYS PROGRAM FIRST THIRTY DAYS PROGRAM

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Your Goal is to Have 3 Consecutive Days In A Row By Day 30

WEEK # _____

	Day																				
	1			2			3			4			5			6			7		
	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE
1. Permission to Get on Furniture ('Come')																					
2. Permission to Get In/Out of Car ('Stay' and 'Come')																					
3. Stay At The Top & Bottom Of All Indoor Stairs Until 'Come'																					
4. Stay At The Top & Bottom Of All Outdoor (porch/deck) Stairs Until 'Come'																					
5. Loose Leash																					
(When Sitting Around)																					
Record Times Per Day/ Amount Of Time																					
6. Low Distraction Heeling																					
One Minute Four Times Per Day Minimum																					
First Ten Days - In the House																					
After Ten Days - In the Back Yard AND In The House																					
7. Staying On Mat (Food)																					
(Minimum 3X/Day)																					
(After Step Completed - Crated In Same Area)																					
(Applying 'Rule of Three')																					
Step One - Turning Your Back																					
Step Two - Above + Filling The Kettle																					
Step Three - Above + Boiling The Water																					
Step Four - Above + Steeping The Tea																					
Step Five - Above + Drinking The Tea																					
8. Permission to Get on Furniture																					
9. Permission to Get In/Out of Car																					

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Page Two Of Two

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WEEK # _____

	Day																				
	1			2			3			4			5			6			7		
	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE	AM	AFT	EVE
10. Staying on a Mat (Going Out)																					
Until Hearing The Word 'Come'																					
Rule of Three' For Each Step																					
(Attach Two Leashes End to End For Safety)																					
Step One - Turning Your Back																					
Step Two - Above + Dropping Leash																					
Step Three - Above + Knock On Door																					
Step Four - Above + Speaking Excitedly																					
Step Five - Above + Fiddling With Handle/Lock																					
Step Six - Above + Opening Door																					
Step Seven - Above + Ring The Door Bell																					
Step Eight - Above + Fake Greeting																					
Step Nine - Above + Tossing Treats, Toys etc.																					
Step Ten - Above + Stepping Through Doorway																					
Step Eleven - Above + 'Come' and Stay Beside You While You Close and Lock Your Door																					
11. Staying on a Mat (Coming Back In)																					
Until Hearing The Word 'Come'																					
(Attach Two Leashes End to End For Safety)																					
Step One - Stay Beside You While Unlocking Your Door																					
Step Two - Above + Stay Outside While You Step Inside, Leash In Hand																					
Step Three - Above + Send To Mat and 'Stay'																					
Step Four - Above + Knock On Door																					
Step Four - Above + Speaking Excitedly																					
Step Five - Above + Fiddling With Handle/Lock																					
Step Six - Above + Taking Off Your Shoes/Coat																					
Step Seven - Above + Putting Shoes/Coat Away																					
Step Eight - Above + Stepping Away																					
Step Nine - Above + 'Come'																					
12. Record Daily Minutes Of Cardio (Not Walks - Actual Exercise For Example: Hikes Dragging A Long Leash, Playing With Another Energetic Dog etc.)																					