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

	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.)				
1. Loose Leash																														
When Just Sitting Around																														
2. Low Distraction Heeling																														
In the House*																														
In the Back Yard																														
3. Going Up & Down Stairs																														
Indoors																														
Outdoors																														
4. Permission to Get on Furniture																														
5. Permission to Get In/Out of Car																														
6. Staying on a Mat (Indoors)																														
Going In and Out the Doors**																														
In the Kitchen & Around Food																														
7. Staying on a Mat (Outdoors)***																														
In the Yard																														
Near Squirrels																														
Near a Playground																														
Near a Skateboard Park																														
Near Dogs at Dog Park																														
Near Geese at the Park																														
Near a Busy Bike Path																														
8. Distraction Heeling***																														
In the Yard																														
Near Squirrels																														
Near a Playground																														
Near a Skateboard Park																														
Near Dogs at Dog Park																														
Near Geese at the Park																														
Near a Busy Bike Path																														

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

**Just family members - no guests yet. (Although make it interesting. Knock on the door, ring the door bell. Throw out a ball and treats etc.)

***Not to be attempted until 3 consecutive days of success have been completed staying on the mat in the home and yard.