

**Physical Exercise Goals**

**Replace Leash Pulling Walks With Long Line Dragging Hikes Or Another Form Of Exercises**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
✓	✓	✓	✓	✓	✓	✓

**Just Do One Exercise Several Times Per Day & Add One/Per Day**

**Stay/Come**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Going Up Stairs	Going Down Stairs	Join On The Couch/Get In/Out of Vehicle)	Coming In From Outside	Going Outside	In The Kitchen	In The House
→	Going Up Stairs	Going Down Stairs	Join On The Couch/Get In/Out of Vehicle)	Coming In From Outside	Going Outside	In The Kitchen
	→	Going Up Stairs	Going Down Stairs	Join On The Couch/Get In/Out of Vehicle)	Coming In From Outside	Going Outside
		→	Going Up Stairs	Going Down Stairs	Join On The Couch/Get In/Out of Vehicle)	Coming In From Outside
			→	Going Up Stairs	Going Down Stairs	Join On The Couch/Get In/Out of Vehicle)
				→	Going Up Stairs	Going Down Stairs
					→	Going Up Stairs

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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**Send John A Video For Tuning**

✓	✓	✓	✓	✓	✓	✓
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**Tips**

- Other than learning to walk on a leash don't set aside special time. When you're in the kitchen anyway, invest a few 'Stay/Come' seconds. Going down the front steps, invest a few 'Stay/Come' seconds. Sitting on the couch, invest a few 'Keep the leash loose' seconds. Taking out and coming in from exercise or toileting, a few 'Stay/Come' seconds.
- If you can't do whatever the exercise of the day and days past is each time (normal), commit to 8/10 times by the end of each day.