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TRAINING PLANS & HANDOUTS



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TRAINING PLANS

Baseline Assessment: Less Than 10 Seconds

If your initial baseline assessment is less than 10 seconds, work on pre-departure cues or door desensitization training.

Baseline Assessment: 10 Seconds

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	2 seconds	STEP 6	6 seconds
STEP 2	7 seconds	STEP 7	4 seconds
STEP 3	5 seconds	STEP 8	5 seconds
STEP 4	2 seconds	STEP 9	2 seconds
STEP 5	8 seconds	STEP 10	10 seconds



Baseline Assessment: 30 Seconds

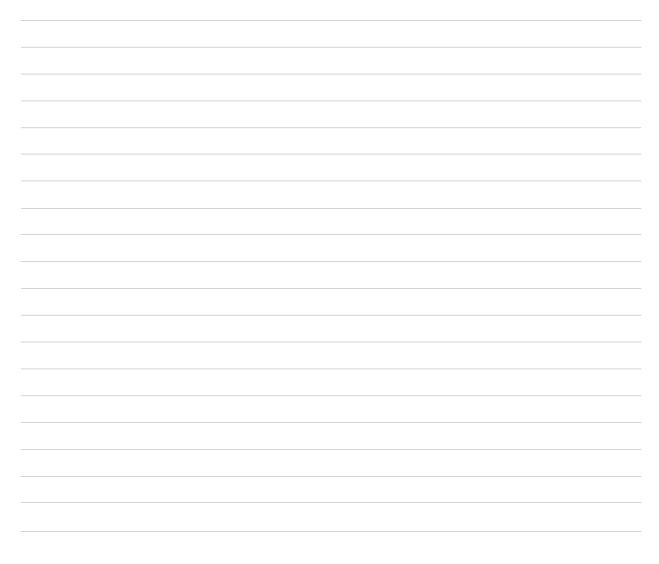
Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	2 seconds	STEP 6	25 seconds
STEP 2	10 seconds	STEP 7	15 seconds
STEP 3	5 seconds	STEP 8	10 seconds
STEP 4	15 seconds	STEP 9	20 seconds
STEP 5	5 seconds	STEP 10	30 seconds

Baseline Assessment: 1 Minute

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	10 seconds	STEP 6	25 seconds
STEP 2	5 seconds	STEP 7	15 seconds
STEP 3	10 seconds	STEP 8	35 seconds
STEP 4	2 seconds	STEP 9	20 seconds
STEP 5	20 seconds	STEP 10	1 minute



Baseline Assessment: 1 Minute, 30 Seconds

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	5 seconds	STEP	P 5 15 seconds
STEP 2	15 seconds	STEP	P 6 20 seconds
STEP 3	30 seconds	STEP	P 7 10 seconds
STEP 4	5 seconds	STEP	P 8 1 min, 30 seconds



Baseline Assessment: 2 Minutes, 15 Seconds

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	10 seconds	STEP 5	10 seconds
STEP 2	20 seconds	STEP 6	15 seconds
STEP 3	5 seconds	STEP 7	20 seconds
STEP 4	30 seconds	STEP 8	2 mins, 15 seconds



Baseline Assessment: 3 Minutes

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	5 seconds	STEP 5	10 seconds
STEP 2	10 seconds	STEP 6	25 seconds
STEP 3	20 seconds	STEP 7	10 seconds
STEP 4	5 seconds	STEP 8	3 minutes



Baseline Assessment: 3 Minutes, 30 Seconds

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	10 seconds	STEP 5	10 seconds
STEP 2	25 seconds	STEP 6	15 seconds
STEP 3	5 seconds	STEP 7	35 seconds
STEP 4	20 seconds	STEP 8	3 mins, 30 seconds



Baseline Assessment: 7 Minutes

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	10 seconds	STEP 5	15 seconds
STEP 2	5 seconds	STEP 6	20 seconds
STEP 3	1 minute	STEP 7	7 minutes
STEP 4	15 seconds		

Baseline Assessment: 10 Minutes

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	5 seconds	STEP 4	20 seconds
STEP 2	15 seconds	STEP 5	1 minute
STEP 3	5 seconds	STEP 6	10 minutes

Baseline Assessment: 15 Minutes

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	10 seconds	STEP 4	1 minute
STEP 2	25 seconds	STEP 5	20 seconds
STEP 3	5 seconds	STEP 6	15 minutes



Baseline Assessment: 20 Minutes

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	25 seconds	STEP 3	5 seconds	
STEP 2	1 minute	STEP 4	20 minutes	
NOTES				
NOTES				

Baseline Assessment: 25 Minutes

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

	STEP 1	5 seconds	STEP 3	30 seconds	
	STEP 2	1 minute	STEP 4	25 minutes	
NOT	ES				

Baseline Assessment: 5 Minutes

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

STEP 1	10 seconds	STEP 5	15 seconds
STEP 2	5 seconds	STEP 6	20 seconds
STEP 3	25 seconds	STEP 7	1 minute
STEP 4	10 seconds	STEP 8	5 minutes



Baseline Assessment: 30 Minutes

Drop any avoidable pre-departure cues, step out of the door for the following durations, and return.

	STEP 1	10 seconds	STEP 3	45 seconds	
	STEP 2	30 seconds	STEP 4	30 minutes	
	TES				
NO	TE5				



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PRE-DEPARTURE CUES

1. Audit. Use this table to collect information on pre-departure cues. You want to make note of anything your puppy pays attention to as you get ready to leave in the first column.

LIST OUT ALL CUES HERE	PRIORITY / ESSENTIAL	AVOIDABLE	UNAVOIDABLE
		\bigcirc	\bigcirc
		\bigcirc	
		\bigcirc	\bigcirc
		\bigcirc	\bigcirc

2. **Prioritize**. Review your list in the first column and prioritize anything that's essential to you getting out the door in the second column. Next determine from your priority / essential list what is avoidable and unavoidable.

3. Change the Association. Rewrite your list here—remember this should be your list of all the essential/priority and unavoidable cues. You will now be working on changing the association to make the item meaningless, much like the example you read about the food bowl or desensitizing to the car leaving. Take notes on your puppy's reaction.

CUES	DATE OF SESSION	PUPPY'S REACTION TO CUE



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OBSERVING YOUR PUPPY

YOUR PUPPY'S STATE What Your Puppy is Doing	YOUR OBSERVATIONS What Body Language You See
PLAYING	
SLEEPING	

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YOUR PUPPY'S STATE	YOUR OBSERVATIONS
ENGAGING WITH YOU	
GREETING	



YOUR PUPPY'S STATE	YOUR OBSERVATIONS
DISENGAGING	
RELAXED	

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YOUR PUPPY'S STATE	YOUR OBSERVATIONS
ANXIOUS	
	NOTES / QUESTIONS / OTHER OBSERVATIONS



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PUPPY SOCIALIZATION TRACKER

PEOPLE	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Women	
Men	
Children	
Infants	
Teenagers	
Seniors	

PEOPLE WITH	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Hats	
Glasses	
Beards	
Awkward gaits	
Physical differences	
Walking sticks	
Big coats	
Uniforms	
Overalls	

PEOPLE + ACTIVITIES	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Kids playing	
Skateboards	
Adults on bikes	
Scooters	
Kids on bikes	
People playing football	
Picnickers	

AROUND TOWN	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Busy streets	
School gates	
Vet office	
Groomer	
Pet store	
Train station	
Other people's houses	
Stores	
Dog-friendly restaurants	
The beach	

AT HOME	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Vacuum cleaner	
Washing machine	
Broom	
Timer "bings"	
Lights switching on/off	
Dishwasher	

ANIMALS	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Big dogs	
Small dogs	
Bold dogs	
Squirmy dogs	
Small puppies	
Big puppies	
Adolescent dogs	
Male intact dogs	

BODY HANDLING	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Touching ears	
Putting drops in ears	
Looking at teeth	
Lifting tail	
Taking temperature	
Standing on scale in vet's office	
Filing/Dremel-ing nails	
Brushing	
Bathing	
Holding paws	
Touching body	
Patting head	

SURFACES	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Grass	
Sand	
Concrete	
Carpet	
Stairs	
Floorboards	

SOUNDS	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Microwaves	
Smoke alarms	
Car doors banging	
Thunder	
Fireworks	

VEHICLES	# OF TIMES YOUR PUPPY HAS EXPERIENCED
Your car	
Cars generally	
Motorcycles	
Scooters	
Trucks	
Coaches / buses	
Planes overhead	

OF TIMES YOUR PUPPY HAS EXPERIENCED