



Date

Plan your day here. Include the components seen below.

7:00 am to 10:00 am
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10:00 am to 1:00 pm
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1:00 pm to 4:00 pm
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4:00PM to 8:00PM
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8:00 pm to Midnight
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Midnight to 7:00 am
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What to include for a balanced day

- Appropriate amount of sleep - approximately 18 hours in a 24 hour cycle (puppy is in their [Safe Spot](#))
- Effective [bathroom training](#)
- Proactive [socialization](#)
- Teaching [life skills](#)
- Meals - [dispensed creatively](#)
- Enriched [outings](#)
- [Dog-specific](#) activities