

# Formula for a Happy, Healthy Dog

Set your dog up for success!

## HEALTH

Start with a healthy dog!

- Does the dog have arthritis, do they get carsick, do they have allergies, do they have anxiety or phobias, are they intact or neutered, etc.? Is the dog receiving proper nutrition and medical attention?

## PHYSICAL EXERCISE

All dogs need to stretch and work their muscles

- Is the dog getting regular walks, is the dog able to run off leash, does the dog play fetch or wrestle with other dogs, etc.?

## FAMILY TIME

Dogs are social creatures and need to bond with members of the household

- Does the dog get enough affection, handling, playtime, training and mental stimulation from the humans, etc.? Is the dog comfortable and polite with all household members, including children and other animals?

## SOCIAL TIME

Most dogs enjoy the company of dog friends, but all dogs need to be able to coexist in a world with other dogs

- Does the dog have dog friends, do they get to meet new dogs regularly, do they behave appropriately, comfortably, and politely around dogs, etc.? Can they watch dogs walk by, can they pass by dogs in public, etc.?

## DOWN TIME

All dogs need regular breaks to help their brains settle and process

- Is the dog able to settle wherever they go, do they have impulse control, can they pause playtime and take a break, can they comfortably be left alone, can they relax in social settings, etc.?

## OUTLETS FOR DOGINESS

Dogs are...DOGS! All dogs need proper outlets for normal dog behaviors

- Does the dog have appropriate chew toys, a place to dig, ability to run and jump and play, opportunities to bark and shred things, etc.? Are they able to do breed specific behaviors like herd, chase, hunt, scent, guard, pull, etc.?

## ENVIRONMENTAL ENRICHMENT

All dogs need exposure to new people, places, and things

- Does the dog go to new places regularly, do they meet new dogs and other animals, are they comfortable around strangers, do they explore new environments, do play interactive games and have thought provoking toys, do they enjoy car rides and traveling, etc.?

## SENSE OF PURPOSE

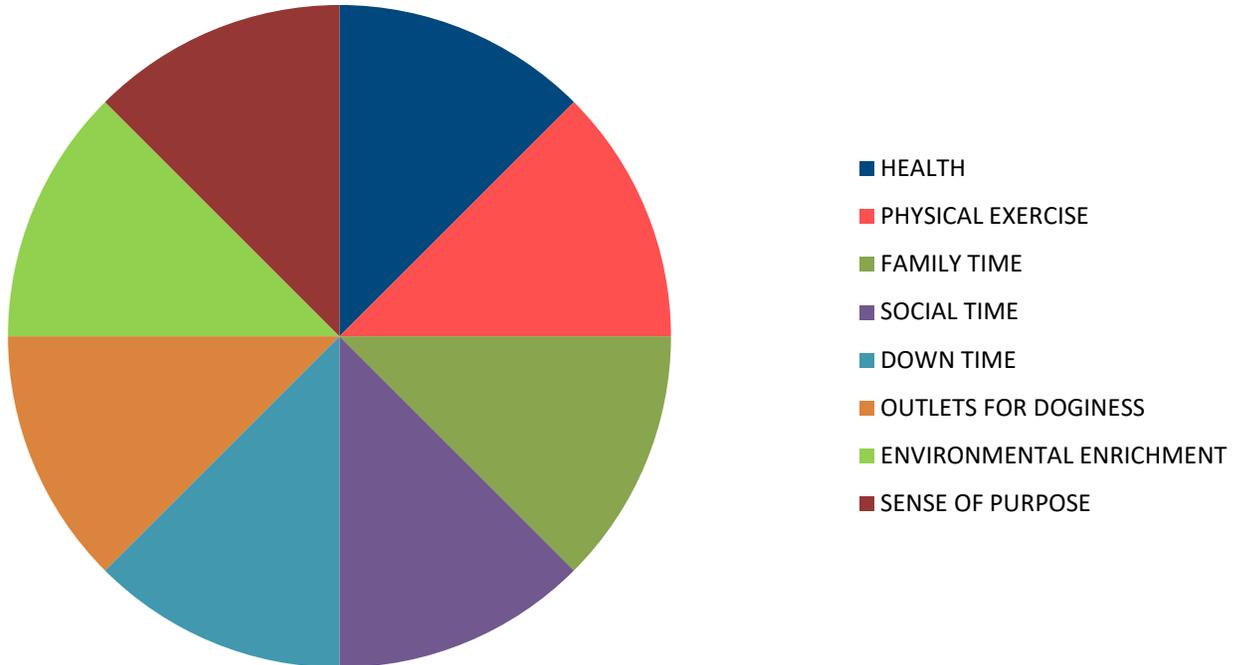
Dogs need a job

- Does the dog have daily tasks and routines, are they regularly learning new things, etc.? Do they do the job their breed is intended for? Do they know the rules during play, walks, and daily activities? Do they work for their food and other resources?

These materials are provided for you as a way to review behaviors previously discussed in training sessions. It is important for the success of both you and your dog, that these materials are used for reviewing, not for teaching. Do not skip ahead, even if you think your dog is ready. Every dog, every owner, and every situation is specific and requires a training program catered to fit; because these handouts are very general, please talk to Kelsey before attempting any of these training techniques on your own.

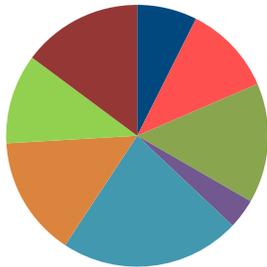


## FORMULA FOR A HAPPY, HEALTHY DOG



Every dog is different. Age, energy level, food drive, play drive, work drive, physical condition, breed, personality, likes and dislikes: it all varies from dog to dog. Alter the formula to match your dog's needs. If the "DOG TIME" slice is smaller due to lack of appropriate playmates, the other slices will need to be larger to balance the formula and help the dog maintain a happy and healthy lifestyle.

## FORMULA FOR MY HAPPY, HEALTHY DOG



- Because my dog is a healthy adult, is owned by a working couple, and is a border collie mix, her formula has been altered from the standard above.
- We focus less on the physical outlets and more on the mental outlets and she gets quite a bit of DOWN TIME during the day.
- Her FAMILY TIME and SENSE OF PURPOSE slices are the greatest because we spend majority of our time together doing fun tasks and turning normal routines, like feeding and nail trims, into interactive games.
- Her ENVIRONMENTAL ENRICHMENT and OUTLETS FOR DOGINESS slices are also prominent since she often goes to new places, we provide her with a multitude of puzzle toys, and she spends time exploring our property off leash.

Please contact Kelsey with any questions, comments, or concerns!! Congratulations on helping your pup become Pawsitively Trained! [Kelsey@PawsitivelyTrainedDogs.com](mailto:Kelsey@PawsitivelyTrainedDogs.com) (916) 899-9637

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