APRIL EXERCISE #LoveMyDog365

WAGNIFICENT K9 TRUFFLE DOGS

NOTES

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Make a list of your resources for exercise (fields, trails, water, equipment, etc.)	2 Turn up the music and dance around with your dog.	3 Lure your dog from a stand to a down and from a down to a stand.	4 Play a game of tug with your dog (if appropriate).	5 Take your dog for a walk or run.	6 Capture your dog's natural bow and stretch. Add a verbal cue.
7 Recall your dog between two people. Reward him with a treat or favorite toy play after each repetition.	8 Find a safe and secure area for your dog to run off leash. Use a long line if recall is a concern.	9 Using a food lure, teach your dog to turn right and left.	10 Play a game of chase with your dog.	11 Take your dog swimming or walk with her in shallow water.	12 Practice balance by having your dog stand on a cushion.	13 Go for a hike with your dog.
14 Teach your dog to sidestep.	15 Follow a canine fitness professional on social media and commit to learning something new.	16 Lure your dog in a figure 8 pattern through your legs. Treat frequently.	17 Find a hill for some incline walking and running.	18 Lure your dog into putting her front feet on a low stable object. Give a treat. Then toss a treat.	19 With your dog's front feet on a stable object, face him. Take small steps around. Reward hind feet movement.	20 Teach your dog to walk through low boxes. Reward often. Work toward passes where her feet don't tick the edge.
21 Teach your dog to walk backwards. Gradually increase the distance she can back up.	22 Teach your dog to love walking on a treadmill.	23 Teach your dog to lift one paw and balance on three legs for 10 seconds.	24 Lure your dog from a stand to a bow and from a bow to a stand.	25 Make a list of how you can balance different types of exercise for your dog (and yourself).	26 Play a fun chasing game with a flirt pole or food on a string. Let your dog win frequently.	27 Teach your dog to run around a cone or tree (both directions). Reward each attempt. Gradually increase distance.
28 Rest.	29 Make a set of cavaletti poles and guide your dog to walk over them.	30 Connect with other like-minded people by joining the What The Dog Nose Facebook group.				