

Day 1

Dogs Task	Comments
Sit for 5 seconds	
Sit for 10 seconds	
Sit while you take 1 step back and return	
Sit while you take 2 steps back and return	
Sit for 10 seconds	
Sit while you take 1 step to the right and return	
Sit while you take 1 step to the left and return	
Sit for 10 seconds	
Sit while you take 2 steps back and return	
Sit while you take 2 steps to the right and return	
Sit for 15 seconds	
Sit while you take 2 steps to the left and return	
Sit while you clap your hands softly once	
Sit while you take 3 steps back and return	
Sit while you count out loud to 10	
Sit while you clap your hands softly once	
Sit while you count out loud to 20	
Sit while you take 3 steps to the right and return	
Sit while you clap your hands softly twice	

Sit for 3 seconds	
Sit for 5 seconds	
Sit while you take 1 step back and return	
Sit for 3 seconds	
Sit for 10 seconds	
Sit for 5 seconds	
Sit for 3 seconds	

Day 2

Dogs Task	Comments
Sit for 10 seconds	
Sit while you take 1 step back and return	
Sit while you take 3 steps back and return	
Sit for 10 seconds	
Sit while you take 3 steps to the right and return	
Sit while you take 3 steps to the left and return	
Sit for 10 seconds	
Sit while you take 3 steps to the right and clap your hands	
Sit while you take 3 steps to the left and clap your hands	
Sit for 5 seconds	
Sit for 10 seconds	

Sit while you walk one fourth of the way around the dog to the right	
Sit while you take 4 steps back	
Sit while you walk one fourth of the way around the dog to the left	
Sit for 10 seconds	
Sit while you take 5 steps back from the dog, clapping your hands, and return	
Sit while you walk halfway around the dog to the right and return	
Sit while you walk halfway around the dog to the left and return	
Sit for 10 seconds	
Sit while you jog quietly in place for 3 seconds	
Sit while you jog quietly in place for 5 seconds	
Sit while you jog quietly in place for 10 seconds	
Sit for 10 seconds	
Sit while you jog one fourth of the way around the dog to the right and return	
Sit while you jog one fourth of the way around the dog to the left and re-turn	
Sit for 5 seconds	
Sit for 10 seconds	

Day 3

Dogs Task	Comments
Sit for 10 seconds	
Sit for 15 seconds	

Sit while you take 2 steps backward and return	
Sit while you jog 5 steps backward from the dog and return	
Sit while you walk halfway around the dog to the right and return	
Sit while you walk halfway around the dog to the left and return	
Sit while you take 10 steps backward and return	
Sit for 15 seconds	
Sit while you take 10 steps to the left and return	
Sit while you take 10 steps to the right and return	
Sit for 20 seconds	
Sit while you walk halfway around the dog to the right, clapping your hands, and return	
Sit for 20 seconds	
Sit while you walk halfway around the dog to the left, clapping your hands, and return	
Sit for 10 seconds	
Sit while you jog 10 steps to the right and return	
Sit while you jog 10 steps to the left and return	
Sit while you jog in place for 10 seconds	
Sit for 15 seconds	
Sit while you jog in place for 20 seconds	
Sit for 10 seconds	
Sit while you jog backward 5 steps and return	
Sit while you jog to the right 5 steps and return	

Sit while you jog to the left 5 steps and return	
Sit for 5 seconds while you clap your hands	
Sit for 10 seconds while you clap your hands	
Sit for 10 seconds	
Sit for 5 seconds	

Day 4

Dogs Task	Comments
Sit for 10 seconds	
Sit while you jog backward 5 steps and return	
Sit for 20 seconds	
Sit while you jog halfway around the dog to the right and return	
Sit while you jog halfway around the dog to the left and return	
Sit while you move three fourths of the way around the dog to the right and return	
Sit while you move three fourths of the way around the dog to the left and return	
Sit while you jog backward 5 steps, clapping your hands, and return	
Sit for 10 seconds	
Sit while you clap your hands for 20 seconds	
Sit while you move quickly backward 10 steps and return	
Sit while you move quickly 15 steps backward and return	
Sit for 20 seconds	

Sit while you jog halfway around the dog to the right and return	
Sit while you jog halfway around the dog to the left and return	
Sit while you walk quickly 15 steps to the left and return	
Sit while you walk quickly 15 steps to the right and return	
Sit for 20 seconds	
Sit while you move three fourths of the way around the dog to the right and return	
Sit while you move three fourths of the way around the dog to the left and return	
Sit while you walk all the way around the dog	
Sit while you walk approximately 20 steps to an entrance and return	
Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return	
Sit while you walk around the dog, quietly clapping your hands, and then return	
Sit for 20 seconds	
Sit while you jog quickly around the dog	
Sit for 20 seconds	
Sit for 10 seconds while you clap your hands	

Day 5

Dogs Task	Comments
Sit for 5 seconds	
Sit for 15 seconds	
Sit while you walk quickly 15 steps to the right and return	

Sit while you walk quickly 15 steps to the left and return	
Sit while you walk approximately 20 steps to an entrance and return	
Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return	
Sit for 20 seconds	
Sit while you walk around the dog, clapping your hands	
Sit for 20 seconds	
Sit for 10 seconds	
Sit while you walk quickly backward, clapping your hands, and return	
Sit while you walk approximately 20 steps to an entrance and return	
Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return	
Sit while you go to an entrance and just touch the doorknob or wall and return	
Sit for 10 seconds	
Sit while you walk quickly backward, clapping your hands, and return	
Sit while you walk approximately 20 steps to an entrance and return	
Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return	
Sit while you go to an entrance and just touch the doorknob or wall and return	
Sit for 20 seconds	
Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return	
Sit while you go to an entrance and just touch the doorknob or wall and return	
Sit for 10 seconds	
Sit while the doorknob is touched or you move into entryway and return	

Sit for 10 seconds	
Sit for 15 seconds while you clap your hands	
Sit for 10 seconds while you jog in place	
Sit for 5 seconds	

Day 6

Dogs Task	Comments
Sit for 10 seconds	
Sit for 20 seconds while you jog back and forth in front of the dog	
Sit for 15 seconds	
Sit while you walk approximately 20 steps to an entrance and return	
Sit while you walk quickly backward, clapping your hands, and return	
Sit while you go to an entrance and just touch the doorknob or wall and return	
Sit for 20 seconds while jogging	
Sit while you walk around the dog	
Sit while you walk around the dog, clapping your hands	
Sit for 15 seconds	
Sit for 20 seconds	
Sit for 30 seconds	
Sit while you walk quickly backward, clapping your hands, and return	
Sit while you go to an entrance and just touch the doorknob or wall and return	

Sit while you open the door or go into the entranceway for 5 seconds and return	
Sit while you open the door or go into the entranceway for 10 seconds and return	
Sit for 30 seconds	
Sit while you walk quickly backward, clapping your hands, and return	
Sit while you go to an entrance and just touch the doorknob or wall and return	
Sit for 10 seconds	
Sit while you go through the door or the entranceway and return	
Sit while you go through the door or the entranceway, clapping your hands, and return	
Sit while you open the door or go through the entranceway for 10 seconds and return	
Sit for 30 seconds	
Sit while you disappear from view for 5 seconds and return	
Sit for 20 seconds	
Sit for 10 seconds while you clap your hands	
Sit for 5 seconds	

Day 7

Dogs Task	Comments
Sit for 10 seconds	
Sit for 20 seconds while you clap your hands	
Sit while you take 10 steps backward and return	
Sit while you walk around the dog	

Sit while you go through the door or the entranceway and then return	
Sit while you go through the door or the entranceway, clapping your hands, and return	
Sit while you open the door or go through the entranceway for 10 sec-onds and return	
Sit for 30 seconds	
Sit while you disappear from view for 5 seconds and return	
Sit while you go through the door or the entranceway and return	
Sit while you go through the door or the entranceway, clapping your hands, and return	
Sit while you open the door or go through the entranceway for 10 sec-onds and return	
Sit for 30 seconds	
Sit while you disappear from view for 10 seconds and return	
Sit while you disappear from view for 15 seconds and return	
Sit for 10 seconds	
Sit for 15 seconds	
Sit for 5 seconds while you clap your hands	
Sit while you jog in place for 10 seconds	
Sit while you jog three fourths of the way to the right and return	
Sit while you jog three fourths of the way to the left and return	
Sit while you go through the door or the entranceway, clapping your hands, and return	
Sit while you open the door or go through the entranceway for 10 sec-onds and return	
Sit for 30 seconds	
Sit while you disappear from view for 15 seconds and return	

Sit for 10 seconds	
Sit for 5 seconds	

Day 8

Dogs Task	Comments
Sit for 10 seconds	
Sit for 15 seconds while you jog and clap your hands	
Sit while you back up 15 steps and return	
Sit while you circle the dog and return	
Sit while you disappear from view for 20 seconds and return	
Sit while you disappear from view for 25 seconds and return	
Sit for 5 seconds	
Sit for 5 seconds while you sit in a chair (placed 5 feet from the dog)	
Sit for 5 seconds	
Sit for 15 seconds while you jog and clap your hands	
Sit while you back up 15 steps and return	
Sit while you circle the dog and return	
Sit while you disappear from view for 20 seconds and return	
Sit while you disappear from view for 30 seconds and return	
Sit for 5 seconds	
Sit while you circle the dog and return	

Sit while you disappear from view for 20 seconds and return	
Sit while you disappear from view for 25 seconds and return	
Sit for 5 seconds while you sit in a chair near the dog	
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return	
Sit for 10 seconds	
Sit for 20 seconds while you jog and clap your hands	
Sit for 15 seconds while you run around the dog	
Sit for 10 seconds	
Sit for 5 seconds while you turn around	
Sit for 5 seconds while you sit in a chair near the dog	
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return	
Sit for 10 seconds	

Day 9

Dogs Task	Comments
Sit for 5 seconds	
Sit for 10 seconds while you turn around	
Sit for 5 seconds while you jog	
Sit while you walk around the dog	
Sit while you jog around the dog	
Sit while you jog around the dog, clapping your hands	

Sit while you jog twice around the dog	
Sit for 10 seconds	
Sit for 15 seconds while you clap your hands	
Sit for 20 seconds	
Sit while you move three fourths of the way around the dog to the right and return	
Sit while you move three fourths of the way around the dog to the left and return	
Sit while you disappear from view for 10 seconds and return	
Sit while you circle the dog and return	
Sit while you disappear from view for 20 seconds and return	
Sit while you disappear from view for 25 seconds and return	
Sit for 5 seconds while you sit in a chair near the dog	
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return	
Sit for 10 seconds	
Sit while you bend down and touch your toes	
Sit while you stretch your arms	
Sit while you stretch your arms and jump once	
Sit while you touch your toes 5 times	
Sit while you stretch your arms and jump 3 times	
Sit for 15 seconds	
Sit for 10 seconds	
Sit for 5 seconds	

Day 10

Dogs Task	Comments
Sit for 5 seconds while you clap	
Sit for 10 seconds while you touch your toes	
Sit for 15 seconds while you sit in a chair	
Sit while you walk quickly 15 steps to the right and return	
Sit while you walk quickly 15 steps to the left and return	
Sit while you walk approximately 20 steps to an entrance and return	
Sit while you disappear from view for 5 seconds and return	
Sit while you disappear from view for 10 seconds and return	
Sit while you disappear from view for 15 seconds and return	
Sit for 10 seconds	
Sit for 5 seconds	
Sit while you walk quickly 15 steps to the right and return	
Sit while you walk quickly 15 steps to the left and return	
Sit while you approximately 20 steps to an entrance and return	
Sit while you disappear from view for 5 seconds and return	
Sit while you disappear from view for 10 seconds and return	
Sit while you disappear from view for 15 seconds and return	
Sit while you disappear from view for 5 seconds, knock softly on the wall, and return	

Sit for 5 seconds	
Sit while you disappear from view for 5 seconds and return	
Sit while you disappear from view for 10 seconds and return	
Sit while you disappear from view for 15 seconds and return	
Sit while you disappear from view for 5 seconds, knock softly on the wall, and return	
Sit while you disappear from view, knock quickly but softly on the wall, and return	
Sit for 5 seconds	
Sit while you disappear from view for 10 seconds, knock softly on the wall, and return	
Sit for 10 seconds	
Sit for 5 seconds	

Day 11

Dogs Task	Comments
Sit for 5 seconds	
Sit for 10 seconds	
Sit while you disappear from view, knock quickly but softly on the wall, and return	
Sit for 5 seconds	
Sit while you disappear from view for 10 seconds, knock softly on the wall, and return	
Sit for 30 seconds	
Sit while you disappear from view, ring the doorbell, and immediately re-turn	
Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return	

Sit for 30 seconds	
Sit while you disappear from view, ring the doorbell, and immediately re-turn	
Sit while you disappear from view, ring the doorbell, wait 5 seconds, and return	
Sit for 30 seconds	
Sit while you disappear from view, ring the doorbell, and immediately re-turn	
Sit while you disappear from view, ring the doorbell, wait 10 seconds, and return	
Sit for 5 seconds while you jog around the dog	
Sit while you walk around the dog	
Sit while you jog around the dog	
Sit while you jog around the dog, clapping your hands	
Sit while you jog twice around the dog	
Sit for 10 seconds	
Sit for 15 seconds while you clap your hands	
Sit for 20 seconds	
Sit while you move three fourths of the way around the dog to the right and return	
Sit while you move three fourths of the way around the dog to the left and return	
Sit while you disappear from view for 10 seconds and return	
Sit while you circle the dog and return	
Sit for 10 seconds	
Sit for 5 seconds	

Day 12

Dogs Task	Comments
Sit for 10 seconds	
Sit for 5 seconds while you clap your hands	
Sit for 15 seconds	
Sit for 20 seconds while you hum	
Sit while you disappear from view for 20 seconds and return	
Sit while you disappear from view for 25 seconds and return	
Sit for 5 seconds while you sit in a chair near the dog	
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return	
Sit for 15 seconds	
Sit for 20 seconds while you hum	
Sit while you disappear from view for 20 seconds and return	
Sit while you disappear from view for 25 seconds and return	
Sit while you move three fourths of the way around the dog to the right and return	
Sit while you move three fourths of the way around the dog to the left and return	
Sit while you disappear from view for 10 seconds and return	
Sit while you circle the dog and return	
Sit for 10 seconds	
Sit while you disappear from view, knock quickly but softly on the wall, and return	
Sit for 5 seconds	

Sit while you disappear from view for 10 seconds, knock softly on the wall, and return	
Sit for 30 seconds	
Sit while you disappear from view, ring the doorbell, and immediately re-turn	
Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return	
Sit for 30 seconds	
Sit while you disappear from view, say "hello," and return	
Sit while you disappear from view, say "hello," wait 3 seconds, turn	
Sit for 10 seconds	
Sit for 5 seconds and re-turn	

Day 13

Dogs Task	Comments
Sit for 5 seconds	
Sit for 15 seconds while you hum	
Sit for 15 seconds while you clap your hands and hum	
Sit while you disappear from view for 20 seconds and return	
Sit while you disappear from view for 25 seconds and return	
Sit for 5 seconds while you sit in a chair near the dog	
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return	
Sit for 5 seconds	
Sit for 10 seconds	

Sit while you disappear from view, knock quickly but softly on the wall, and return	
Sit for 5 seconds	
Sit while you disappear from view for 10 seconds, knock softly on the wall, and return	
Sit for 30 seconds	
Sit while you disappear from view, ring the doorbell, and immediately re-turn	
Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return	
Sit for 30 seconds	
Sit while you disappear from view, say "hello," wait 5 seconds, and re-turn	
Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and	
Sit for 30 seconds	
Sit while you disappear from view, say "hello," wait 5 seconds, and re-turn	
Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and	
Sit for 20 seconds while you hum	
Sit for 15 seconds while you clap your hands	
Sit for 5 seconds	
Sit while you jog around the dog	
Sit for 10 seconds while you clap your hands and hum	
Sit for 5 seconds while you jog in place	
Sit while you jog around the dog, humming	

Dogs Task	Comments
Sit for 10 seconds	
Sit for 10 seconds	
Sit for 5 seconds while you clap your hands and hum	
Sit while you run around the dog	
Sit while you walk back and forth to the door	
Sit while you leave the room, quickly knock or ring the doorbell, and re-turn	
Sit for 5 seconds	
Sit for 10 seconds	
Sit for 10 seconds	
Sit for 5 seconds while you clap your hands and hum	
Sit while you run around the dog	
Sit while you walk back and forth to the door	
Sit while you leave the room, quickly knock or ring the doorbell, and re-turn	
Sit for 5 seconds	
Sit for 10 seconds	
Sit while you disappear from view for 10 seconds, knock softly on the wall, and return	
Sit for 30 seconds	
Sit while you disappear from view, ring the doorbell, and immediately return	
Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return	
Sit for 30 seconds	

Sit while you disappear from view, say "hello," wait 5 seconds, and re-turn	
Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 10 seconds, and	
Sit for 30 seconds	
Sit while you disappear from view, say "hello," wait 10 seconds, and return	
Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 10 seconds, and	
Sit for 20 seconds while you hum	
Sit for 20 seconds	
Sit for 5 seconds	

Day 15

Dogs Task	Comments
Sit for 10 seconds	
Sit for 5 seconds	
Sit for 15 seconds while you clap your hands and hum	
Sit while you disappear from view, knock or ring the doorbell, say "hello," talk for 10 seconds, and	
Sit for 20 seconds while you hum	
Sit while you disappear from view, say "hello," invite the imaginary person in, wait 5 seconds,	
Sit for 10 seconds	
Sit for 5 seconds	
Sit while you disappear from view, say "hello," invite the imaginary person in, wait 10 seconds,	
Sit while you disappear from view, say "hello," talk (as if to someone) for 5 seconds, and return	

Sit for 5 seconds while you clap your hands and hum	
Sit while you run around the dog	
Sit while you walk back and forth to the door	
Sit while you leave the room, quickly knock or ring the doorbell, and re-turn	
Sit for 5 seconds	
Sit while you leave the room, knock or ring the doorbell for 3 seconds, and re-turn-	
Sit while you leave the room and knock or ring the doorbell for 5 seconds	
Sit while you leave the room and talk for 3 seconds to people who are not there	
Sit while you leave the room and talk for 5 seconds to people who are not there	
Sit while you leave the room and talk for 10 seconds to people who are not there	
Sit while you run around the dog	
Sit for 10 seconds while you sit in a chair	
Sit for 30 seconds while you sit in a chair	
Sit for 15 seconds while you clap your hands and jog	
Sit for 5 seconds	

For Future Repetitions

Repeat all tasks in different locations

Repeat all tasks with only every second or third task being rewarded with a treat (Remember

Repeat all tasks with all family members

Repeat with only intermittent treat reinforcement. (Remember praise!)