



Doggie Dojo

**Discover the Path to
Life with Your Dog**

Your Dog's Trilogy
Health Guide

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WELCOME TO THE DOGGIE DOJO

What you are going to need to begin?

- **Your Focus-** The most important part of your dog's life is you. Make sure that you are ready to commit to your dog's whole life. Think about where you want to be with your dog over the next year and what are some life goals you could achieve together.
- **Rewards-** Make sure to start taking the time to notice your dog's likes or dislikes. Whether it is food, toys, other dogs, or squirrels, you can use those to strengthen your dog's relationship with you.
- **Equipment-** Proper fitting equipment can make a huge difference in your training. Most dog's benefit from both a properly fitted collar and harness. A six-foot cloth, nylon, or leather leash and not a retractable gives you safe control.
- **Positive Attitude-** Science has discovered that your dog's brain will engage more when using rewards with training. When frustrated, instead of stepping into the situation, take a step back to make a game plan to succeed.

Next we will look at what you are going to need to take care of your dog's physical, mental, and emotional health.

YOUR DOG'S PHYSICAL HEALTH

Physical Health Checklist:

- Clean Bill of Health-** One of your first steps to your relationship with your dog is making sure they get checked by a local vet. It is recommended that you find a veterinarian that you want to go to for your dog's whole life. They will get to know your dog better and better over the years. This will help them diagnose any problems that might occur as your dog gets older.

- Quality Food Diet-** Maintaining your dog's diet can help prevent health related issues in the future. Your veterinarian can help you decide what is going to be the best food for your dog's lifestyle. Make sure to get an accurate measuring cup so you do not overfeed them.

- Weekly Exercise Program-** Regular physical exercise can be beneficial for everyone in your family. Taking your dog on regular walks and playing fetch with them will help them be more relaxed when you are home. During training this can also be essential to burn off any extra calories they are getting with treats.

Using mental exercise like stuffed toys, puzzles, and training can help dog's exert a lot of extra energy. Next we are going to look at how to build that into your dog's life.

YOUR DOG'S MENTAL HEALTH

Mental Health Checklist:

- Passive Mental Games-** Studies have shown that giving your dog regular access to puzzles and chew toys can help decrease barking and chewing behaviors. When your dog chews on a toy and a treat pops out, the toy is rewarding them for chewing on it rather than your personal items.

- Active Mental Games-** Dog's are social animals that thrive on interaction and your relationship with them. They love understanding how to interact with their world through learning new behaviors. So complete the following list to help you supply this need to your dog:

Weekly Training Goals:

Monthly Training Goals:

Yearly Training Goals:

Being that your dog is a social animal, discovering places around their world that they could enjoy is essential. Let's look at what areas your dog can go with you.



YOUR DOG'S SOCIAL HEALTH

Social Health Checklist:

Your Dog's Personality- Every dog has a unique personality and with that comes varying interests. Not all dog's love to go running around at the park with their dog buddies. If your dog does not like other dogs or people, make sure to set them up for success by going to places that they are going to enjoy the most.

Places to Ponder- Always check to make sure that places are dog friendly but here are some places you can go with your canine companion:

Dog Parks

Pet Stores

Parks

Hiking Trails

Restaurant Outdoor Patios

Dog Training Classes

Hardware Stores

Friend/Relative Home

Think of at least three places that you could take your dog on a weekly basis and list them below:

1. _____

2. _____

3. _____

Your relationship with your dog is the most important. So make sure to engage your dog when going to these places.