



The Perfect Potty Daily Schedule

Potty Outside, Then Inside Play
Eat, Then 20-Minute Control

Potty Outside, Then Inside Play
Potty Outside, Then Nap

Use as much or as little of the schedule as you like. Adjust it for your dog's age, temperament, medical situation (check with your vet),

Morning

_____ **Wake up and Potty Outside:** Calmly and quietly let puppy out of his crate and immediately outside on a long leash. Once outside, encourage him to run and play with your excited voice and energy. You want him to burn off as much energy as possible and go potty.

_____ **Inside Play:** Take him inside and free-play with him and his toys in the controlled area. This play should be supervised, maybe while you have coffee, make your breakfast, or pack lunch.

_____ **Eat and 20-Minute Control:** Use the Companion Leashing Technique and leash him to his crate and give him his breakfast and as much water as he wants to drink. When he's done, immediately pick up the bowls.

_____ **Potty Outside:** Take your puppy off the leash and immediately outside to go potty.

_____ **Inside Play:** Now, he can free-play again in the controlled area with your supervision.

_____ **Potty Outside, Then Nap:** Take your puppy outside to go potty, then offer him a little drink of water, a wet-your-whistle drink, not gorging water. He should be ready to rest by now, so put him in his crate for a nap with a safe chew stick or other long-lasting treat.



Midday

_____ **Potty Outside:** Calmly and silently let your puppy out of the crate and take him immediately outside. Give him a chance to really run and burn out his energy and go potty because he will be getting back into his crate soon if you have to go back to work. Again, this is not ideal, but it is how it can be done if there are no other options to “loosen” up the schedule.

_____ **Eat and 20-Minute Control:** Using the Companion Leashing Technique, leash him to his crate for lunch and let him drink as much water as he wants. When he’s done, immediately pick up the bowls.

_____ **Potty Outside:** Take your puppy off the leash and outside for potty.

_____ **Inside Play:** Supervised free play in your control area

_____ **Potty, Then Nap:** Take him outside to go potty, but this time don’t encourage him to play. You don’t want him to get over-heated and need to drink a lot of water. Offer a wet-your-whistle kind of drink and put him back into his crate for a nap

Evening

_____ **Potty Outside:** Calmly and quietly let puppy out of his crate and immediately outside on a long leash. Once outside,

encourage him to go potty, then run and play with your excited voice and energy. You want him to burn off a burst of energy, then hopefully go potty again right before you take him back inside.

_____ **Inside Play:** Supervised free play in your control area

_____ **Eat and 20-Minute Control:** Use the Companion Leashing Technique to leash him to his crate for dinner and let him drink as much water as he wants. When he’s done, immediately pick up the bowls.

_____ **Potty Outside:** Take him outside for a super play session, encouraging him with an excited tone. He should go potty



_____ **Inside Play:** Pup can play again and nap off and on wherever he chooses in the controlled areas for the evening with your supervision. During these hours, leash him to his crate when you think he needs a drink of water, pick up the water bowl when he's finished, and keep him leashed with you for 20 minutes before taking him outside for a potty session. Right after he goes potty, he can have supervised free play again in the controlled area. Watch for any pre-potty accident moments, so you can slightly disagree, get him outside for potty—and if he goes potty—start the celebration and super praise.

_____ **Wind Down for Bedtime:** During the last couple of hours before you put your puppy to bed for the night, don't encourage super-high-energy play that will get him overheated and gorging water. Stop all water an hour before bedtime.

_____ **Potty, Then Bedtime:** Take him outside to go potty, but this time don't encourage him to play. You don't want him to get overheated and need to drink a lot of water. Offer a wet-your-whistle kind of drink and put him into his crate for bedtime. Don't forget his favorite safe toy and/or stick for chewing/teething but not eating.

