Exercise	When/where/how to practice	Done?
Recall - from toy play	• Recall from someone holding toy still • Recall from someone moving toy slowly • Recall from someone moving the toy quickly in exciting manner	☐
Loose lead walking position – distance with catch up game	• Lounge • Kitchen • Garden • On lead on a walk for a few meters	☐
Mat – lured down transitioning to no treat in hand, rewarding once in the down position	• While you're sat on sofa • While you're sat at a table • While you are reading/on computer • While you are eating	☐
Reducing jumping up -treat to the feet game, introducing 'go say hello' cue, and 'leave it' to come away	• Use a marker such as a cone etc that will eventually be your 'person' they are greeting	☐
Drop and swap – with toys, tug with a long or large soft toy, holding still against leg and waiting for dog to let go, immediately start the play again, add 'drop' cue as they let go of the toy	• Once or twice during a play session	☐
Positions - stand	• Lured sit to stand position • Reward longer stationary stand • Introduce handling from week 2 – touch – reward while in stand position	☐
Handling - introducing equipment	• Touch shoulder with towel/flannel – reward • Touch shoulder with brush/comb - reward • Touch chest with metal teaspoon – reward • Touch chest with brush/comb - reward • Touch outer ear with flannel– reward • Lift ear slightly, touch underside of ear with flannel—reward • Touch near eye with flannel– reward • Touch near eyebrow and side of mouth with tea-spoon– reward • Touch side of mouth with toothbrush– reward • Touch gum with toothbrush – reward • Allow your dog to lick toothpaste off the toothbrush • Touch front paw with towel/flannel– reward • Touch back paw with towel/flannel – reward • Gently hold front paw with towel/flannel—reward • Gently hold back paw with towel/flannel —reward • Gently hold front paw, touch with nail clipper/teaspoon—reward • Gently hold back paw, touch with nail clipper/teaspoon —reward • Touch tail with towel/brush/comb – reward • Touch stomach with towel/brush/comb – reward • Touch under front legs/ armpit with brush/comb—reward • Touch under back legs brush/comb —reward	☐