

HECTIC SCHEDULE HAPPY DOG

A Simple Training
Routine for Busy
Professionals

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Hi, I'm Ryan Gwilliam, the founder of Train Walk Poop, a dog training & boarding center in Salt Lake City, UT.

I created this guide because I know how challenging it can be to train your dog. With the right approach, you can teach your dog to be a good citizen and the perfect companion!

Imagine not saying a word to your dog because they already know what's expected and they do it without asking. Imagine your dog actively thinking about what you would like them to do next!

Dogs are capable of this. Yes, even your dog!

Through our training process, we see problem behaviors simply melt away. These behaviors include leash reactivity, nuisance barking, pulling on the leash, hyperactivity, separation anxiety, and even socialization issues.

Instead of interrupting you or distracting you every 30 seconds your dog will begin to happily follow your lead. They will enjoy tagging along with you and doing whatever you have planned for the day. In short, they will become the companion you hoped for when you first laid eyes on each other.

With this guide you will have a simple routine that saves you time, helps your dog become their best self, and teaches your dog to do the right thing by default.

Without it, you'll continue to struggle by doing things that are actually making your dog's behavior worse. Unfortunately, these mistakes have the potential to damage the bond you have together.

Avoid wasting the few precious years you have with your dog being frustrated. You both deserve to enjoy each and every day. To do that, we have to get you both on the same page, and this guide can help you do just that!

Most people think their dog wants freedom, while what they really crave is quality time. Most dogs I work with come from homes with a nice backyard, a loving family and tons of freedom throughout the day. And yet these dogs often become quirky and anxious.

The first thing I do when these dogs walk through my door is take away nearly all their freedom, but I give them lots of quality time and they become calm and happy.

Crate Time + Quality Time = Calm, Happy Dog

Remember that crating while you are home is temporary. When my dog was a puppy she followed the schedule you are about to see exactly. Now that she knows how to relax herself and has shown that she is trustworthy of more freedom she never gets crated when I'm home. She can get on my bed and the couch now too. Life is good for a calm, obedient dog in my house but all those privileges are earned. Trusting your dog too much too soon is what will cause the most safety and behavioral problems for you.

Start getting better results with less effort today by crating more. It usually only takes a few weeks until your dog shows they have earned more freedom.

This simple daily routine teaches your dog to relax, plain and simple. Scheduling your dog's relaxation time is essential to having a well behaved dog. The schedule we use must be adapted properly to your dog's age and training level. Please consult with a professional trainer to design your dog's ideal schedule. That being said, here's the basic outline:

- Potty break first thing in the morning then back into relaxation
- Then feed your dog in the crate
- Then give them 10-15 minutes of quality time.
- Then relaxation for 1-8 hours (again depending on age and temperament)
- Then another 10-15 minutes of quality time
- Then you can feed them in their crate again
- Followed by more relaxation time
- Then another 10-15 minutes of quality time
- At the end of the day have them sleep in their crate until your trainer let's you know it is no longer necessary.

*Important Note: relaxation means your dog is sitting or lying down in a specified place like a dog bed, at your feet, or in a crate.

Below I've listed some of my favorite quality time activities. They are in order of most effective per minute of your time invested to the least (for most dogs):

1. Any game you and your dog love to play together, as long as there are rules that challenge your dog's mind
2. Long leash work (field work and/or e-collar work)
3. Station work
4. Tug with rules
5. Fetch with rules
6. Practice heeling by your side

7. Socializing/play dates (assuming both dogs are truly playing and having fun)
8. Come when called practice
9. Learning tricks
10. Nosework
11. The “Say Yes” game for teaching your dog to look at you
12. Short Leash Walk (Most dog owners default to neighborhood walks, but this shouldn't be the case. We often tell customers to, “stop walking and start training”. While this guide doesn't delve into the reasons, you'll understand why when you go through our training program.)
13. Conditioned relaxation and massage
14. Grooming conditioning
15. Run around time is important for your dog. Make sure your dog gets the chance to run at least once per day (twice a day for puppies)

When you can play all these games with your dog successfully you will find that most behavior problems will either melt away and you both will have the skills to use one of these games to fix any problem that pops up.

DO THIS NEXT TO TURBOCHARGE YOUR RESULTS

You are in possession of a guide that can save you months of frustration. But unless you take action with this guide, it'll remain an underutilized tool that sits on your hard drive. It's like being given a map to hidden treasure and never setting out on the adventure.

So, you have two choices. You can keep doing what you have been doing and get the same results. Or you can get a customized training program for your dog, giving you a step-by-step process to follow for success.

During the consultation call, we will help you select the perfect training program based on your dog's age and your training goals.

Once your training program is booked, you will get immediate access to training videos and vital tips you can implement today. We want you to start seeing results now even before your dog's first day of training with us!

[Click here to tell us about your dog](https://trainwalkpoop.com/contact/) → <https://trainwalkpoop.com/contact/>

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