



Sample Puppy Schedule

Morning

6:00 am: Outside to go potty
6:15 am: Exercise or playtime
6:30 am: Breakfast - training time
6:45 am: Outside to go potty
7:00 am: Exercise / exposure
7:30 am: Outside to go potty
7:45 am: Crate time
9:45 am: Outside to go potty
10:00 am: Engagement or training time
10:30 am: Outside to go potty
10:45 am: Exercise or playtime
11:00 am: Outside to go potty
11:15 am: Crate time

Afternoon

12:00 pm: Outside to go potty
12:15 pm: Playtime
12:30 pm: Lunch - training time
12:45 pm: Outside to go potty
1:00 pm: Crate time
3:00 pm: Outside to go potty
3:15 pm: Engagement / Play
3:30 pm: Outside to go potty
3:45 pm: Exercise + cool down
4:00 pm: Outside to go potty
4:15 pm: Crate time
5:00 pm: Outside to go potty

Evening

5:15 pm: Engagement or exposure time
5:45: Dinner time - training time
6:00 pm: Outside to go potty
6:15 pm: Exercise / Playtime
6:45 pm: Outside to go potty
7:00 pm: Playtime
7:30 pm: Outside to go potty
7:45 pm: Crate time - last snack if needed, limit water after this time)
8:15 pm: Engagement / play time (zoomies!)
8:45 pm: cool down
9:00 pm: Training or engagement

Night

9:30 pm: Outside to go potty
9:45 pm: Playtime
10:00 pm: Cool down
10:15 pm: Outside to go potty
10:30 pm: Crate time for night

Don't wake a sleeping puppy! If your puppy sleeps through a scheduled activity or mealtime, let him sleep and adjust the schedule when he wakes up.

Nighttime tips: You may need to take your pup outside 1-2 times in the middle of the night. If he is sleeping, don't wake him up. Use a baby monitor to hear if he stirs or moves, then take him out. Nighttime outings should be boring – minimal eye contact, no playing, a quiet "yes!" and treat for going potty and then back in the crate.

As the puppy grows and can hold his bladder for longer, increase crate time and lengthen time between potty breaks in 15-minute increments.