

Dog Training Checklist

A dog training checklist for owners covering commands, leash manners and consistent behavior.

Training foundations

- ☐ Choose reward-based methods that reinforce wanted behavior.
- ☐ Pick a marker word or clicker your dog learns to trust.
- ☐ Use high-value treats your dog finds genuinely motivating.
- ☐ Agree on cue words and rules so the whole household is consistent.
- ☐ Keep sessions short, upbeat and end on a success.
- ☐ Train in low-distraction spots before adding difficulty.

Core commands

- ☐ Reinforce name attention so your dog checks in with you.
- ☐ Build a solid sit and reward consistently.
- ☐ Teach a reliable recall using a happy tone and great rewards.
- ☐ Practice down and a duration stay with gradual distance.
- ☐ Train leave it and drop it for safety around objects.
- ☐ Proof commands by practicing in new places and around distractions.

Leash manners

- ☐ Fit a comfortable collar or harness that does not chafe.
- ☐ Reward your dog for walking near you with a loose leash.
- ☐ Stop or change direction when the leash tightens.
- ☐ Mark and reward check-ins and eye contact on walks.
- ☐ Practice polite passing of people, dogs and distractions.
- ☐ Keep early walks short and gradually increase the challenge.

Behavior and manners

- ☐ Identify triggers for jumping, barking or chewing.
 - ☐ Manage the environment to prevent rehearsing unwanted habits.
 - ☐ Reward an alternative behavior, like four paws down for greetings.
 - ☐ Redirect chewing to appropriate toys and chews.
 - ☐ Teach settle and place for calm time in the home.
 - ☐ Avoid harsh corrections that can increase fear or reactivity.
- For aggression, fear or persistent issues, consult a professional trainer or behaviorist.

Consistency and routine

- ☐ Use the same cue word for each behavior across the household.
- ☐ Reward good choices throughout the day, not only in sessions.
- ☐ Keep a steady routine for meals, walks, training and rest.
- ☐ Provide daily physical exercise and mental enrichment.
- ☐ Track progress so you know what to practice next.
- ☐ Phase out food rewards gradually as skills become reliable.

Health and well-being

- ☐ Ensure your dog gets enough sleep and downtime to learn well.
- ☐ Watch for signs of stress and give breaks when needed.
- ☐ Provide enrichment like sniff walks, puzzle feeders and chews.
- ☐ Note sudden behavior changes that could signal discomfort.
- ☐ Keep up routine veterinary care and parasite prevention.
- ☐ Important: This is general information, not professional advice. Consult a professional trainer for behavior problems and your veterinarian if training struggles may be linked to pain or illness.