

Week 6, Practical Homework for Heal

Day one and two: Yes, I did this homework on these dates: _____

- Practice F.O.L.L. for 2 minutes in the living room. This is a warm up.
- Tell your dog to sit for 30 seconds and release after 30 second. Repeat this 5 times in a row.
- Tell your dog to sit and stay for 2 minutes.
- Go to the end of the leash and call your dog to you and tell it to sit right away. Release the dog after 10 seconds. Repeat this 2 times.
- Tell your dog to sit and stay for 3 minutes. Go to the end of the leash and tell your dog to come to you as you tell it to sit.
- Have your dog on your left side and tell your dog to heel for 30 seconds.
- Tell your dog to sit and stay for 10 seconds and release after 20 seconds.
- Repeat all these as many times as possible for 20 to 30 minutes.

Day three and four: Yes, I did this homework on these dates: _____

- Practice loose leash walking for 2 minutes in the living room. This is a warm up.
- Tell your dog to sit and stay for 2 minutes. Go around your dog in a big circle, slowly and go back to your dog's right side.
- Tell your dog to sit and stay for 2 minutes. Go to the end of the leash and tell your dog to come to you as you tell it to sit.
- Have your dog on your left side and tell your dog to heel for 30 seconds. Then tell your dog to go F.O.L.L.
- Soon tell to your dog to sit and stay for 1 minute. Go to the end of the leash and tell your dog to come to you and sit and release after 10 seconds.
- Repeat as many times as possible for 20 to 30 minutes.

Day five and six: Yes, I did this homework on these dates: _____

- Practice loose leash walking for 3 minutes in the living room. This is a warm up.
- Ask your dog to sit for 3 minutes and release after 20 second. Repeat this 2 times in a row.
- Tell your dog to sit and stay. Go to the end of the leash and call your dog to you.
- Ask your dog to sit and stay for 3 minutes. Go around your dog in a big circle, fast and slow, go back to your dog's right side and release your dog. Repeat this 2 times.
- Ask your dog to sit and stay for 2 minutes. Go to the end of the leash and turn away from your dog. Call your dog to you and ask it to sit right away. Release the dog after 20 seconds. Repeat this 3 times.
- Tell your dog to sit and stay for 2 minutes. Go to the end of the leash and tell your dog to come to you as you tell it to sit.
- Have your dog on your left side and tell your dog to heel for 30 seconds. Then tell your dog to go F.O.L.L.
- Soon tell to your dog to sit and stay for 1 minute. Go to the end of the leash and tell your dog to come to you and sit and release after 10 seconds.
- Repeat as many times as possible for 20 to 30 minutes.