



---

### **Practical Homework for Sit and Stay Phase 1**

#### **Day 1 and 2:**

- o Practice loose leash walking for 4 minutes in the living room. This is a warmup.
- 1. Tell your dog to sit for 30 seconds and release after 30 second. Repeat this 15 times in a row.
- 2. Tell your dog to sit and stay for 30-40-50-60 seconds. Release your dog after 10 seconds.

#### **Day 3 and 4:**

- o Practice loose leash walking for 5 minutes in the living room. This is a warmup.
- 1. Tell your dog to sit 30 seconds and release after 10-20-30-40-50 seconds, 5 times in a row.
- 2. Tell your dog to sit and stay for 1 minute and release after 30 second, 5 times in a row.

#### **Day 5 and 6:**

- o Practice loose leash walking for 5 minutes in the living room. This is a warmup.
- 1. Tell your dog to just sit for 40 second and release right away 5 times in a row.
- 2. Tell your dog to sit for 1 minute and release after 20,30,40,50 seconds, 5 times in a row.
- 3. Tell your dog to sit and stay for 90 seconds and release after 30 second, 5 times in a row.

#### **Day 7 and 8:**

- o Practice loose leash walking for 3 minutes in the living room. This is a warmup.
- 1. Ask your dog to sit for 1 minute and release after 30 second, 5 times in a row.
- 2. Ask your dog to sit and stay for 2 minutes and release after 30 second, 5 times in a row.

#### **Day 9 and 10:**

- o Practice loose leash walking for 3 minutes in the living room. This is a warmup.
- 1. Ask your dog to sit and stay for 1 minute and release after 1 minute, 2 times in a row.
- 2. Ask your dog to sit and stay for 3 minutes and release after 1 minute, 2 times in a row.

#### **Day 11 and 12:**

- o Practice loose leash walking for 3 minutes in the living room. This is a warmup.
- 1. Ask to sit your dog for 1 minute and release after 10 seconds 3 times in a row.
- 2. Ask your dog to sit and stay for 5 minutes and release after 30 second, 2 times in a row.