Practical Homework for Sit and Release

This is just a guideline for training your dog. You can customize it to anyway you like to use. For instance, day 2 could be week 2.

Day one:

- **Play with your dog for couple of minutes.**
- **Practice F.O.L.L for 3 minutes in the living room. This is a warm up.**

1. Tell your dog to sit for 5 second and release right after. Repeat this 10 times in a row.
2. Mix F.O.L.L with some quick sit and release.

Day two:

- **Play with your dog for couple of minutes.**
- **Practice F.O.L.L for 3 minutes in the living room. This is a warm up.**

1. Tell your dog to sit for 30 second and release after 10 second, 5 times in a row.
2. Mix F.O.L.L with some quick sit and release.
3. Repeat these exercises as many times as possible within 15 minutes.

Day three:

- **Play with your dog for couple of minutes.**
- **Practice F.O.L.L for 2 minutes in the living room. This is a warm up.**

1. Tell your dog to sit for 40 second, and release after 20 second 5 times in a row.
2. Mix F.O.L.L with some sit and release.
3. Tell your dog to sit for 1 minute and release after 20 second, 5 times in a row.
4. Repeat these exercises as many times as possible within 15 minutes.

Day four:

- **Play with your dog for couple of minutes.**
- **Practice F.O.L.L for 2 minutes in the living room. This is a warm up.**

1. Tell your dog to sit for 1 minute and release after 30 second, 5 times in a row.
2. Repeat these exercises as many times as possible within 15 minutes.

Day five:

- **Play with your dog for couple of minutes.**
- **Practice F.O.L.L for 5 minutes in the living room. This is a warm up.**

1. Tell your dog to sit for 1 minute and release after 1 minute, 5 times in a row.
2. Mix F.O.L.L with some sit and release.
3. Repeat these exercises as many times as possible within 20 minutes.

Day six:

- **Play with your dog for couple of minutes.**
- **Practice F.O.L.L for 5 minutes in the living room. This is a warm up.**
- Tell your dog to sit for 1 minute and release after 30 second, 4 times in a row.
- Mix F.O.L.L with some sit and release.
- Repeat these exercises as many times as possible within 20 minutes.