

DAY 01

Welcome home

**TODAY'S GOAL**

Make your presence and the puppy's new space feel safe.

EXERCISE 1 / 1-3 MINUTES OR LESS

Find the potty spot

1. After waking, carry or calmly lead your puppy to the chosen safe potty area.
2. Stand quietly. If they toilet, praise and reward immediately after they finish.
3. If nothing happens, return to close supervision and offer another chance soon.

EXERCISE 2 / 1-3 MINUTES OR LESS

Let me come to you

1. Sit sideways on the floor with a few tiny treats and room for the puppy to move away.
2. When they choose to approach, place a treat near you; keep your hands relaxed.
3. Repeat three times. Let them leave without following or picking them up.

PRO TIP

Keep today quiet. Sleep, food, water and predictable care matter more than completing a lesson.

Today's small win: _____

Next try: ☐ Same step ☐ Easier step ☐ Rest / repeat day

The daily potty log

Date: _____ Puppy: _____

Go with your puppy to the chosen safe spot. Reward immediately after they finish. No result? Return to close supervision and try again soon. Record facts, clean accidents calmly and keep fresh water available.

TIME / TRIGGER	OFFERED / WHERE	RESULT / REWARD	NEXT CHECK / CARER

Example entry

7:10 / woke from nap | private potty area | peed; rewarded right after | Sam supervising; offer again after play. These times illustrate recording, not a bladder-holding interval.

If you find an accident later, clean it without scolding. Sudden changes, straining or other signs of illness need veterinary advice. Reprint this page for extra detail alongside the weekly charts.