Day Training Program

Phase 2 Week 2 Homework Sheet

FOCUS: It's all about PLACE!

"PLACE Practice": Complete 5 separate training sessions on five different days. Practicing place training sessions should last roughly 5 min. Training sessions should take place for now inside the house.

Remember: Place becomes self rewarding when you practice it after some sort of physical or mental exercise. After coming back from a walk; after playing ball outside or after a feeding session.

Date	Duration	Initial	Notes