



# Day Training Program

## Phase 1 Week 3 Homework Sheet

### FOCUS: Duration work and Emphasis on Heel

“2 minute SIT Challenge”: Practice having your dog hold a sit on three different days. Location: Inside the house.

<u>Date</u>	<u>Duration</u>	<u>Initial</u>	<u>Notes</u>	

“2 minute DOWN Challenge”: Practice having your dog hold a down/stay on three different days.

<u>Date</u>	<u>Duration</u>	<u>Initial</u>	<u>Notes</u>	

### **BONUS:**

Practice the emphasis of heel inside the house. Send in a video for grooming coupon.