

30-Day Puppy Name Training Tracker

A fun, positive routine for your puppy

Puppy's Name: _____

Week 1
Days 1–7

Build name recognition in a quiet space.

Day	Done	Score	Notes
1	☐	__/5	
2	☐	__/5	
3	☐	__/5	
4	☐	__/5	
5	☐	__/5	
6	☐	__/5	
7	☐	__/5	

Week 2
Days 8–14

Encourage attention and short movement.

Day	Done	Score	Notes
8	☐	__/5	
9	☐	__/5	
10	☐	__/5	
11	☐	__/5	
12	☐	__/5	
13	☐	__/5	
14	☐	__/5	

Week 3
Days 15–21

Introduce mild distractions.

Day	Done	Score	Notes
15	☐	__/5	
16	☐	__/5	
17	☐	__/5	
18	☐	__/5	
19	☐	__/5	
20	☐	__/5	
21	☐	__/5	

Week 4
Days 22–30

Practice in different safe places.

Day	Done	Score	Notes
22	☐	__/5	
23	☐	__/5	
24	☐	__/5	
25	☐	__/5	
26	☐	__/5	
27	☐	__/5	
28	☐	__/5	
29	☐	__/5	
30	☐	__/5	

Training Tips

- Say the name once in a happy voice.
- Reward when your puppy looks at you.
- Keep sessions short and positive.
- Gradually add mild distractions.

Progress Notes

_____

_____

_____

_____

Reward Ideas

- ☐ Treats
- ☐ Praise
- ☐ Toys
- ☐ Playtime

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