

Dog Name Training Checklist

7 Days to a Stronger Response!

1 Day 1
Start Simple

- [ ] Say their name once in a calm, friendly tone.
- [ ] Reward when they look at you.
- [ ] Do 3 short sessions (2–5 minutes).



2 Day 2
Build Consistency

- [ ] Practice in a quiet room.
- [ ] Say their name once.
- [ ] Reward every time they look at you.



3 Day 3
Add a Little Movement

- [ ] Practice in different places at home.
- [ ] Say their name once.
- [ ] Reward when they turn toward you.



4 Day 4
Add a Cue

- [ ] Say their name and a simple cue (e.g. “come”).
- [ ] Reward when they respond.
- [ ] Practice 3–5 times.



5 Day 5
Increase Distractions

- [ ] Practice with small distractions (toys, family, TV).
- [ ] Say their name once.
- [ ] Reward for quick response.



6 Day 6
Use a Joyful Tone

- [ ] Try a happier, more enthusiastic tone.
- [ ] Practice in different rooms or outside.
- [ ] Reward and praise!



7 Day 7
Review & Repeat

- [ ] Practice all week’s steps.
- [ ] See how fast they respond now.
- [ ] Keep going daily to make it permanent!



Extra Tips:

- Keep training sessions short (2–5 minutes).
- Always use positive reinforcement (treats and praise).
- Be patient and consistent.
- Use their name only when you want their attention.
- Make it fun for both of you!

My Notes:

You’re Doing Great!

