



# DAILY ACTIVITY CHECKLIST

## SUNDAY

Use a food puzzle toy for morning meal (10-15 min.)

Stop by your local dog park and doggie daycare (15-30 min.)

Give a chew stick or chew toy post-evening meal (10 min.)

Play round robbin (15-min.)

## MONDAY

Morning walk or run with your doggie (15 min.)

Use a food puzzle toy for lunchtime (10-15 min.)

Play chase (10-15 min.)

Give a chew stick or chew toy post-evening meal (10 min.)

## TUESDAY

Give a chew stick or chew toy post-morning meal (10-min.)

Teach your dog a new trick (20 min.) (bi-weekly)

Use a food puzzle toy for evening meal (10-15 min.)

Play tug-of-war (15 min.)



## WEDNESDAY

Morning walk or run with your doggie (15 min.)

Use a food puzzle toy for lunchtime (10-15 min.)

Play fetch (10-15 min.)

Give a chew stick or chew toy post-evening meal (10 min.)

## THURSDAY

Give a chew stick or chew toy post-morning meal (10 min.)

Play catch (15 min.)

Use a food puzzle toy for lunchtime (10-15 min.)

Evening walk with your doggie (15 min.)

## FRIDAY

Morning walk or run with your doggie (15 min.)

Give a chew stick or chew toy after lunchtime (10 min.)

Play fetch (10-15 min.)

Use a food puzzle toy for evening meal (10 min.)

## SATURDAY

Give a chew stick or chew toy post-morning meal (10-min.)

Play chase (10-15 min.)

Let your dog food hunt while you run errands (afternoon)

Evening walk with your doggie (15 min.)

Use a food puzzle toy for evening meal (10-15 min.)

