

PRINT IT. STICK IT ON YOUR FRIDGE.

PHASE	WEEK	ACTION	DURATION	REPETITIONS PER SESSION
Phase 0	Week 1	Pick up keys/jacket. Touch door. 	0 seconds (don't leave)	30+ reps, 3x/day
Phase 1	Week 2	Open door, step out, immediately step back in. 	0.5 - 2 seconds	10-15 reps, 3x/day
Phase 2	Week 3	Walk into hallway, close the door. 	2 - 10 seconds	10-15 reps, 3x/day
Phase 3	Week 4	Go to elevator, ride it down, come up. 	1 - 5 minutes	5-10 reps, 2x/day
Phase 4	Week 5	Walk out of building, around the block, or to the store.	5 - 15 minutes	3-5 reps, 1-2x/day
Phase 5	Week 6+	Absence length increases to 30 min - 2 hours.	30 min - 2 hrs	Once per day (build slowly)

PROGRESS AT YOUR DOG'S PACE. DO NOT RUSH.

