



DAILY CONFIDENCE-BUILDING CHECKLIST FOR APARTMENT DOGS

Your 15-Minute-a-Day Roadmap to a Braver, Happier Pup

Dog's Name: _____

Start Date: _____ Week #: _____

✓ SECTION 1: THE DAILY BASICS (5 Minutes)

Exercise	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Find It Game (hide 3 treats, let dog search)	☐	☐	☐	☐	☐	☐	☐
Touch Command (palm target, 5 reps)	☐	☐	☐	☐	☐	☐	☐
Sit/Stay for Doorway (wait before exiting)	☐	☐	☐	☐	☐	☐	☐
Sniff Walk (10 min of free sniffing)	☐	☐	☐	☐	☐	☐	☐

Notes:

.....

.....

.....



DAILY CONFIDENCE-BUILDING CHECKLIST FOR APARTMENT DOGS

Your 15-Minute-a-Day Roadmap to a Braver, Happier Pup

✓ SECTION 2: INDOOR CONFIDENCE BUILDERS (5 Minutes)

Choose 1-2 per day. Rotate to keep it fresh!

Exercise	Description	Done?
Pillow Stepping Stones	Lay pillows on floor. Reward dog for stepping on each.	☐
Under-the-Chair Tunnel	Place treats under chairs. Let dog figure out how to get them.	☐
Balance Work	Dog stands on a pillow or balance disc for 5 seconds. Reward.	☐
Box Puzzle	Hide treats in cardboard boxes. Let dog shred to find them.	☐
Towel Roll-Up	Roll kibble in a towel. Let dog unroll it.	☐
Muffin Tin Game	Treats in muffin tin, covered by tennis balls. Dog removes balls.	☐

Notes:

.....

.....

.....

.....

.....



DAILY CONFIDENCE-BUILDING CHECKLIST FOR APARTMENT DOGS

Your 15-Minute-a-Day Roadmap to a Braver, Happier Pup

✓ SECTION 3: OUTDOOR CONFIDENCE BUILDERS (5 Minutes)

Practice during regular walks or potty breaks.

Exercise	Description	Done?
Elevator Desensitization	Sit near elevator. Treat for calm. Short ride. Treat.	☐
Hallway Practice	Walk 10 steps. Treat. Walk 10 more. Treat.	☐
	Walk 10 more. Treat.	☐
Stranger Greeting	Ask neighbor to toss treat without approaching.	☐
	• Surface Variety: Walk on grass, concrete, metal grate. Reward confidence.	
Sound Exposure	Pause near garbage truck, scooter, or construction. Treat for calm.	☐
Parallel Walking	Walk alongside a calm dog at a distance. Treat for neutrality.	☐

Notes:

.....

.....

.....

.....



DAILY CONFIDENCE-BUILDING CHECKLIST FOR APARTMENT DOGS

Your 15-Minute-a-Day Roadmap to a Braver, Happier Pup

✓ SECTION 4: WEEKLY PROGRESS TRACKER

Confidence Scale (Circle One Each Week)

1 = Very Fearful | 5 = Neutral | 10 = Very Confident

Week	Confidence Level (1-10)	Wins This Week	Challenges
Week 1	1 2 3 4 5 6 7 8 9 10		
Week 2	1 2 3 4 5 6 7 8 9 10		
Week 3	1 2 3 4 5 6 7 8 9 10		
Week 4	1 2 3 4 5 6 7 8 9 10		
Week 4	1 2 3 4 5 6 7 8 9 10		

Notes:

.....

.....

.....

.....



DAILY CONFIDENCE-BUILDING CHECKLIST FOR APARTMENT DOGS

Your 15-Minute-a-Day Roadmap to a Braver, Happier Pup

✓ SECTION 5: BODY LANGUAGE CHECK

Before, during, and after exercises, observe your dog.

CONFIDENT SIGNS ✓

- ☐ Relaxed body posture
- ☐ Soft, relaxed facial expression
- ☐ Loose, sweeping tail wag
- ☐ Play bow
- ☐ Curious ears forward
- ☐ Willingness to approach new things

STRESS SIGNS ⚠ (Slow Down!)

- ☐ Tail tucked
- ☐ Whale eye (showing whites)
- ☐ Excessive yawning
- ☐ Lip licking
- ☐ Trembling
- ☐ Hiding or backing away
- ☐ Refusing treats
- ☐ Freezing

If you see 2+ stress signs, STOP. Give your dog a break.
Try again tomorrow at an easier level.

Notes:.....

.....



DAILY CONFIDENCE-BUILDING CHECKLIST FOR APARTMENT DOGS

Your 15-Minute-a-Day Roadmap to a Braver, Happier Pup

✓ SECTION 6: WEEKLY CONFIDENCE GOALS

Week 1 Goal:

Did we achieve it? ☐ Yes ☐ Partially ☐ Not yet

Week 2 Goal:

Did we achieve it? ☐ Yes ☐ Partially ☐ Not yet

Week 3 Goal:

Did we achieve it? ☐ Yes ☐ Partially ☐ Not yet

Week 4 Goal:

Did we achieve it? ☐ Yes ☐ Partially ☐ Not yet

Notes:.....

.....



DAILY CONFIDENCE-BUILDING CHECKLIST FOR APARTMENT DOGS

Your 15-Minute-a-Day Roadmap to a Braver, Happier Pup

✓ SECTION 7: CELEBRATE THE WINS! 🎉

Write down every victory, no matter how small!

Date	Win	Celebration

Examples of Wins:

- Looked at trigger without barking
- Walked past elevator without freezing
- Took a treat from a stranger's hand
- Explored a new room
- Recovered from a startle in under 30 seconds
- Wagged tail during a new experience
- Initiated play with a new toy

Notes:.....

.....



DAILY CONFIDENCE-BUILDING CHECKLIST FOR APARTMENT DOGS

Your 15-Minute-a-Day Roadmap to a Braver, Happier Pup

**✓ SECTION 8: QUICK REFERENCE – THE 3 PILLARS OF
CONFIDENCE**

Pillar	What It Means	Your Action
Success-Based Training	Every session ends with a win.	Stop before frustration. Reward effort.
Gradual Exposure	Small steps, never flooding.	If stressed, back up. Go slower.
Empowerment	Give your dog choices.	Let them decide when to approach. Never force.

Notes:.....
.....



DAILY CONFIDENCE-BUILDING CHECKLIST FOR APARTMENT DOGS

Your 15-Minute-a-Day Roadmap to a Braver, Happier Pup

✓ SECTION 10: WEEKLY REVIEW

What worked well this week?

-
-

What needs adjustment?

-
-

What will we focus on next week?

-
-

🐾 FINAL REMINDER

"Every dog has the potential for confidence. With your guidance, even the most fearful pup can learn to embrace their world with enthusiasm." You've got this. And more importantly, your dog has you.

📌 HOW TO USE THIS CHECKLIST

- Print one copy per week.
- Complete 1-2 exercises from each section daily.
- Track progress using the Confidence Scale.
- Celebrate every win—no matter how small.
- Adjust based on your dog's stress signals.
- Repeat weekly until confidence becomes second nature.