

## Puppy Exercise Chart from Puppy Culture

	8-12 Weeks	12-16 Weeks	4-6 Months	6-12 Months	12-18 Months	18 Months to 2 years
<b>Sustained and Continuous Walking</b>	<ul style="list-style-type: none"> <li>• 50-200 feet at a time</li> <li>• Break up with sniffing and noodling around</li> <li>• Formal heeling/leash walking training limited to 2 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Gradually increase duration and length of walks - Probably going to be between 100-200 feet by the time the puppy is 16 weeks old.</li> <li>• Let the puppy volunteer to keep going and stop if he shows reluctance to go further.</li> <li>• Keep formal training under 2 minutes per session.</li> </ul>	<ul style="list-style-type: none"> <li>• Gradually increase duration and length of walks - Probably going to be between 200-400 feet at a time by the time the puppy is 6 months old.</li> <li>• Let the puppy volunteer to keep going and stop if he shows reluctance to go further.</li> <li>• Keep formal training under 2 minutes per session.</li> </ul>	<ul style="list-style-type: none"> <li>• Walks on pavement should be kept short, but duration of walks on dirt or turf can be increased and more "hiking" type activities can be introduced.</li> <li>• Again, best to keep do these walks as "sniff and strolls" but you can increase sustained walking to up to 20-30 minutes on a relatively level, soft, surface by the time the puppy is a year old IF the puppy volunteers to go that far.</li> </ul>	<ul style="list-style-type: none"> <li>• Walks on pavement should be kept short, but duration of walks on dirt or turf can be increased and more "hiking" type activities can be introduced.</li> <li>• Again, best to keep do these walks as "sniff and strolls" but you can increase sustained walking to up to 20-30 minutes on a relatively level, soft, surface by the time the puppy is a year old IF the puppy volunteers to go that far.</li> </ul>	<p>Hikes and walks can be gradually increased to as long and as rigorous as you and your dog both like, but remember that a dog's soft tissue is still maturing through about three years old. Increases should be gradual and you should back off if your dog appears tired or reluctant.</p>
<b>Sniff N Stroll</b>	<p>Informal "sniff and stroll" sessions can be up to about 10-15 minutes.</p>	<p>Can be increased to 15-20 minutes</p>	<p>Can be increased to as much as 45 minutes by the time the puppy is 6 months old, provided you are moving at a very slow pace with lots of opportunity for the puppy to stop and noodle around.</p>	<p>Can be increased to as much as 60 minutes by the time the puppy is 12 months old, provided you are moving at a very slow pace with lots of opportunity for the puppy to stop and noodle around.</p>	<p>OK to do 60 minutes provided you are moving at a very slow pace with lots of opportunity for the puppy to stop and noodle around.</p>	<p>Sniff and strolls can be gradually replaced with more sustained "walks" but remember that sniffing is the primary way dogs relate to the world, so be a sport and continue to give your dog to stop an sniff from time to time.</p>
<b>Noodling and Kibble Trails</b>	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>Puppy can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>	<p>Your dog can go out in a safe yard and explore at his own pace or do a "Kibble Trail" as long as he likes.</p>
<b>Running</b>	<ul style="list-style-type: none"> <li>• No directed running except for very short spurts in play</li> <li>• Puppy can run as much as he likes on his own</li> </ul>	<ul style="list-style-type: none"> <li>• No directed running except for very short spurts in play</li> <li>• Puppy can run as much as he likes on his own</li> </ul>	<ul style="list-style-type: none"> <li>• No directed running except for very short spurts in play</li> <li>• Puppy can run as much as he likes on his own</li> </ul>	<ul style="list-style-type: none"> <li>• No directed running except for very short spurts in play</li> <li>• Puppy can run as much as he likes on his own</li> </ul>	<ul style="list-style-type: none"> <li>• No directed running except for very short spurts in play</li> <li>• Puppy can run as much as he likes on his own</li> </ul>	<p>Running and endurance training can gradually be introduced at this time</p>
<b>Jumping and Impact activities</b>	<ul style="list-style-type: none"> <li>• Bars on the ground to wrist height</li> <li>• No more than one or two obstacles in a row</li> <li>• Wobble boards and unstable surfaces, but but very low</li> <li>• Carpet all indoor stairs and never allow puppy to go up and down stairs unsupervised</li> <li>• Put up gates at top/ bottom of stairs</li> <li>• Consider carrying puppy if your he needs to do more than one or two stair steps</li> </ul>	<ul style="list-style-type: none"> <li>• Bars on the ground to wrist height</li> <li>• No more than one or two obstacles in a row</li> <li>• Wobble boards and unstable surfaces, but but very low</li> <li>• Carpet all indoor stairs and never allow puppy to go up and down stairs unsupervised</li> <li>• Put up gates at top/ bottom of stairs</li> <li>• Consider carrying puppy if your he needs to do more than one or two stair steps</li> </ul>	<ul style="list-style-type: none"> <li>• Bars on the ground to wrist height</li> <li>• No more than one or two obstacles in a row</li> <li>• Wobble boards and unstable surfaces, but but very low</li> <li>• Carpet all indoor stairs and never allow puppy to go up and down stairs unsupervised</li> <li>• Put up gates at top/ bottom of stairs</li> <li>• Consider carrying puppy if your he needs to do more than one or two stair steps</li> </ul>	<ul style="list-style-type: none"> <li>• Jumps can be gradually raised half way to elbow height between 6 and 12 months old, with correspondingly more challenging ramps, wobble boards, and teeters</li> <li>• Platform work for rear end awareness can be introduced at this time very carefully and slowly</li> <li>• This is also the time when we see the most spiral fractures happen because the puppies have the wherewithal to get up on high couches and beds - be extra vigilant about not letting puppies up on high furniture without very close supervision!</li> <li>• Stairs are always a hazard and should have good traction - carpet indoors, non-skid surface outdoors</li> <li>• Although the puppy may start doing stairs with good traction at this time, you should still supervise and don't let him run down the stairs with other dogs</li> </ul>	<ul style="list-style-type: none"> <li>• Jumps can be gradually raised half way to elbow height between 6 and 12 months old, with correspondingly more challenging ramps, wobble boards, and teeters</li> <li>• Platform work for rear end awareness can be introduced at this time very carefully and slowly</li> <li>• This is also the time when we see the most spiral fractures happen because the puppies have the wherewithal to get up on high couches and beds - be extra vigilant about not letting puppies up on high furniture without very close supervision!</li> <li>• Stairs are always a hazard and should have good traction - carpet indoors, non-skid surface outdoors</li> <li>• Although the puppy may start doing stairs with good traction at this time, you should still supervise and don't let him run down the stairs with other dogs</li> </ul>	<ul style="list-style-type: none"> <li>• Gradually raise jumps and contact obstacles to full competition height between 18-24 months old</li> <li>• Stairs are always a hazard and should have good traction - carpet indoors, non-skid surface outdoors</li> </ul>

<b>Swimming</b>	<ul style="list-style-type: none"> <li>Puppy should ALWAYS wear a life jacket</li> <li>Wading and playing on the shoreline</li> <li>Climbing on and off low platforms and rafts in shallow water</li> <li>Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water</li> <li>Normal puppies should be allowed to swim if they volunteer to do so, but never forced</li> </ul>	<ul style="list-style-type: none"> <li>Puppy should ALWAYS wear a life jacket</li> <li>Wading and playing on the shoreline</li> <li>Climbing on and off low platforms and rafts in shallow water</li> <li>Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water</li> <li>Normal puppies should be allowed to swim if they volunteer to do so, but never forced</li> </ul>	<ul style="list-style-type: none"> <li>Puppy should ALWAYS wear a life jacket</li> <li>Wading and playing on the shoreline</li> <li>Climbing on and off low platforms and rafts in shallow water</li> <li>Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water</li> <li>Normal puppies should be allowed to swim if they volunteer to do so, but never forced</li> </ul>	<ul style="list-style-type: none"> <li>Puppy should ALWAYS wear a life jacket</li> <li>Wading and playing on the shoreline</li> <li>Climbing on and off low platforms and rafts in shallow water</li> <li>Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water</li> <li>Normal puppies should be allowed to swim if they volunteer to do so. Limit swimming to a few minutes at a time.</li> <li>Very short swim out to retrieves in the water.</li> <li>Keep the toy close to shore. High toy-drive dogs will swim further after a thrown toy than they can or should.</li> </ul>	<ul style="list-style-type: none"> <li>Puppy should ALWAYS wear a life jacket</li> <li>Wading and playing on the shoreline</li> <li>Climbing on and off low platforms and rafts in shallow water</li> <li>Retrieves/tossing toys in shallow water parallel to shoreline, never into deep water</li> <li>Normal puppies should be allowed to swim if they volunteer to do so. Limit swimming to a few minutes at a time.</li> <li>Very short swim out to retrieves in the water.</li> <li>Keep the toy close to shore. High toy-drive dogs will swim further after a thrown toy than they can or should.</li> </ul>	<ul style="list-style-type: none"> <li>Competition swimming behaviors can be introduced and dog can swim for as long as he volunteers to</li> <li>Life jackets are always a must</li> </ul>
<b>Chasing</b>	<ul style="list-style-type: none"> <li>Roll balls and drag toys on the ground in gentle circles</li> </ul>	<ul style="list-style-type: none"> <li>Roll balls and drag toys on the ground in gentle circles</li> </ul>	<ul style="list-style-type: none"> <li>Roll balls and drag toys on the ground in gentle circles</li> </ul>	<ul style="list-style-type: none"> <li>Roll balls and drag toys on the ground in gentle circles</li> </ul>	<ul style="list-style-type: none"> <li>Roll balls and drag toys on the ground in gentle circles</li> </ul>	<ul style="list-style-type: none"> <li>Gauge your play style by your dog's common sense. If you throw a ball and your dog tumbles head over heels to get it, don't throw the ball, roll or lob it</li> </ul>
<b>Tugging</b>	<ul style="list-style-type: none"> <li>Keep the toy low so the puppy's neck is in a straight line</li> <li>Don't pull on the toy - allow the puppy to tug against you</li> </ul>	<ul style="list-style-type: none"> <li>Keep the toy low so the puppy's neck is in a straight line</li> <li>Don't pull on the toy - allow the puppy to tug against you</li> </ul>	<ul style="list-style-type: none"> <li>Keep the toy low so the puppy's neck is in a straight line</li> <li>Don't pull on the toy - allow the puppy to tug against you</li> </ul>	<ul style="list-style-type: none"> <li>Keep the toy low so the puppy's neck is in a straight line</li> <li>Don't pull on the toy - allow the puppy to tug against you</li> </ul>	<ul style="list-style-type: none"> <li>Keep the toy low so the puppy's neck is in a straight line</li> <li>Don't pull on the toy - allow the puppy to tug against you</li> </ul>	<ul style="list-style-type: none"> <li>You can start to hold the tug toy higher but generally it's best to let the dog tug on the toy rather than you pulling on it</li> </ul>
<b>Fast Turns</b>	<ul style="list-style-type: none"> <li>No fast turns or sudden stops</li> <li>No <b>fast</b> weaves or lure coursing</li> <li>We do begin <b>slow</b> shaping of weave poles but discontinue if the puppy shows any signs of speeding up or really "weaving" through the poles</li> </ul>	<ul style="list-style-type: none"> <li>No fast turns or sudden stops</li> <li>No <b>fast</b> weaves or lure coursing</li> <li>We do begin <b>slow</b> shaping of weave poles but discontinue if the puppy shows any signs of speeding up or really "weaving" through the poles</li> </ul>	<ul style="list-style-type: none"> <li>No fast turns or sudden stops</li> <li>No <b>fast</b> weaves or lure coursing</li> <li>We do begin <b>slow</b> shaping of weave poles but discontinue if the puppy shows any signs of speeding up or really "weaving" through the poles</li> </ul>	<ul style="list-style-type: none"> <li>No fast turns or sudden stops</li> <li>No <b>fast</b> weaves or lure coursing</li> <li>We do begin <b>slow</b> shaping of weave poles but discontinue if the puppy shows any signs of speeding up or really "weaving" through the poles</li> </ul>	<ul style="list-style-type: none"> <li>No fast turns or sudden stops</li> <li>No <b>fast</b> weaves or lure coursing</li> <li>We do begin <b>slow</b> shaping of weave poles but discontinue if the puppy shows any signs of speeding up or really "weaving" through the poles</li> </ul>	<ul style="list-style-type: none"> <li>Full weave pole training and other activities that involve twisting and turning can be introduced.</li> </ul>
<b>Free Play With Other Dogs</b>	<ul style="list-style-type: none"> <li>10-15 minutes for formal "play dates,"</li> <li>Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults.)</li> <li>Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play</li> <li>You may have to enforce rest periods by putting puppy away for naps</li> </ul>	<ul style="list-style-type: none"> <li>10-15 minutes for formal "play dates,"</li> <li>Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults.)</li> <li>Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play</li> <li>You may have to enforce rest periods by putting puppy away for naps</li> </ul>	<ul style="list-style-type: none"> <li>Up to 20 minutes for formal "play dates,"</li> <li>Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults.)</li> <li>Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play</li> <li>You may have to enforce rest periods by putting puppy away for naps</li> </ul>	<ul style="list-style-type: none"> <li>Your puppy's increased body mass can make him more liable to injury if he engages in body-slammng play or a lot of fast sprints and turns.</li> <li>Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play</li> <li>Up to 20 minutes for formal "play dates,"</li> <li>Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults.)</li> <li>You may have to enforce rest periods by putting puppy away for naps</li> </ul>	<ul style="list-style-type: none"> <li>Your puppy's increased body mass can make him more liable to injury if he engages in body-slammng play or a lot of fast sprints and turns.</li> <li>Keep bags of small dog treats on hand and throw handfuls of food down to interrupt rough or overly fast play</li> <li>Up to 20 minutes for formal "play dates,"</li> <li>Puppy can have free access to other puppies and adults in the household (so long as the puppy is not harassing the adults.)</li> <li>You may have to enforce rest periods by putting puppy away for naps</li> </ul>	<ul style="list-style-type: none"> <li>Always be vigilant when your dogs are playing and intervene by throwing handfuls of food down if there's a lot of body slamming or the play just gets crazy.</li> </ul>