

		Walk outside on leash in backyard, record urine/stool	Feed	Walk around the block	Train using small food treats
6 am					
7 am					
8 am					
9 am					
10 am					
11 am					
12 pm					
1 pm					
2 pm					
3 pm					
4 pm					
5 pm					
6 pm					
7 pm					
8 pm					
9 pm					
10 pm					

Walk outside every hour when home during the day, feed at least twice a day
 walk around the block twice a day, training is 24/7 - always be in training mode