

Skill Sit

Location: Fenced in yard or on a long leash

Distraction: Minimal distractions; low traffic area (not the dog park)

10 repetitions is a minimum. The more you do, the faster the results. Use the video tutorial as a guide.

Cue: Holding a treat in your right hand, let your dog smell the treat, then slowly lift it over your dogs head. Start small, then progress as you see success.

	Come AM	Distraction PM	Notes	
Monday	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<u>Distraction</u> <input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<u>Distraction</u> <input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<u>Distraction</u> <input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<u>Distraction</u> <input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<u>Distraction</u> <input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<u>Distraction</u> <input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<input type="checkbox"/> Complete <input type="checkbox"/> Not Complete 10 times	<u>Distraction</u> <input type="checkbox"/>	<input type="checkbox"/>