

Skill Sit

Location: Kitchen, living room (any controlled environment)

Distraction: None at this time

Cue: Holding a treat in your right hand, let your dog smell the treat, then slowly lift it over your dog's head.

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

	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"/>