

Skill Heel

Location: outside, yard or on a long leash

Distraction: Minimal distractions (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: Using a toy or treat, start with your dog in a sit next to you. Take 2-3 steps forward, say heel and drop the treat or toy to your side. When you deliver the treat say GOOD HEEL. Repeat this and increase the distance as your dog succeeds.

	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"/>