

Skill Sit

Location: outside, public place. Park, dog friendly store etc.

Distraction: Unpredictable distractions ie: runners, cars, boats etc.

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

Cue: Open hand like a stop sign, holding the reward in line with your eyes for eye contact. Make sure you reward your dog in the stay.

	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"/>