Easy Now

Ten minutes a day.
A friend for life.

A sample day

Roughly 8 to 12 weeks. A loop, not a timetable. Repeat it all day:

Wake → **Potty** → **Play or train** 5 to 10 minutes → **Chew or lick** calm down → **Potty** → **Nap** 1 to 2 hours

Wake up	Straight out to potty
Breakfast	In the crate, then potty
Morning	Two or three loops
Lunch	In the crate, then potty
Afternoon	Two or three loops. One new thing
About 6 p.m.	Watch for shark mode. It means nap.
Dinner	About 3 hours before bed, then potty
About 1 hour before bed	Pick up the water bowl (unless your vet says otherwise)
Bedtime	Last potty, crate by your bed
Night	One or two quiet potty trips are normal at first

Sleep is training. Puppies need roughly 18 to 20 hours of sleep a day. A wild, bitey puppy is usually an overtired puppy, not a bad one.

Every tip is reviewed by a real professional dog trainer. Positive reinforcement only. Not veterinary advice: anything about food, vaccines, health or pain, ask your vet.

Free: First 7 Days With Your Puppy, a day-by-day plan for your first week home.
easynowdog.com/free?src=print-schedule