

OUR DOG'S MONTHLY EXERCISE PLANNER



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



A tired dog is a happy dog!

Besides minimum of 30 minutes of physical exercise a day, your dog requires mental stimulation. Pick a game from the list and mark it to the calendar above together with the family member's name who is to do the task with the dog. This keeps everyone organised and your dog healthy, active and happy!

Note: Every dog is different so you should tailor your dog's exercise program to your dog's breed, size, health status, age and personality.

1. Find It
2. Tug of war
3. Chase
4. Fetch
5. Chase the water
6. Stairway dash
7. Hide-and-seek
8. Under, over and through
9. Playing tag
10. Find a treat in my hand
11. Find treats in tub
12. Doggie play date
13. Come when called
14. Jumping game
15. Master the basics
16. The Shell game



