

TASK SET ONE

Area 1

Area 2

Area 3

Bed for 2 seconds			
Bed for 5 seconds			
Bed for 10 seconds			
Bed while you take 1 step back and return			
Bed while you take 2 steps back and return*			
Bed for 5 seconds			
Bed for 10 seconds			
Bed for 15 seconds			
Bed while you take 2 steps to the left and return*			
Bed for 5 seconds			
Bed for 10 seconds			
Bed for 15 seconds			
Bed while you clap your hands softly once			
Bed for 5 seconds			
Bed for 10 seconds			
Bed for 15 seconds			
Bed while you take 3 steps back and return*			
Bed while you count out loud to 3**			
Bed while you count out loud to 5			
Bed while you count out loud to 10			
Bed while you clap your hands softly once			
Bed while you count out loud to 5**			
Bed while you count out loud to 10			
Bed while you count out loud to 5			
Bed while you count out loud to 10			
Bed while you count out loud to 20***			
Bed while you take 3 steps to the right and return****			
Bed while you clap your hands softly twice			
Bed for 3 seconds			
Bed for 5 seconds			
Bed while you take 1 step back and return			
Bed for 3 seconds			
Bed for 10 seconds			
Bed for 5 seconds			
Bed for 3 seconds			

*Note: if you have problems here, take smaller steps. You may only be able to move 1-2 cm at a time.

**Note: if you have difficulty, consider a whisper or use a tone of voice the dog does not react to.

***Note: this is a big jump in time/duration so voice modulation is key!

****Note: if you had difficulty with the previous counting tasks, come back and finish the rest later. If you or your dog are upset, this movement may be difficult

TASK SET TWO

	Area 1	Area 2	Area 3
Bed for 5 seconds			
Bed for 10 seconds			
Bed while you take 1 step back and return			
Bed while you take 3 steps back and return*			
Bed for 10 seconds			
Bed while you take 3 steps to the right and return*			
Bed while you take 3 steps to the left and return			
Bed for 10 seconds			
Bed while you take 3 steps to the right and clap your hands**			
Bed while you take 3 steps to the left and clap your hands			
Bed for 5 seconds			
Bed for 10 seconds			
Bed while you walk 1/4 the way around the dog to the right***			
Bed while you take 4 steps back*			
Bed while you walk 1/4 the way around the dog to the left			
Bed for 10 seconds			
Bed while you take 5 steps back from the dog, clapping your hands**			
Bed while you walk 1/2 way around the dog to the right and return			
Bed while you walk 1/2 way around the dog to the left and return***			
Bed for 5 seconds			
Bed for 10 seconds			
Bed while you jog quietly in place for 3 seconds****			
Bed while you jog quietly in place for 5 seconds			
Bed while you jog quietly in place for 10 seconds			
Bed for 10 seconds			
Bed while you jog 1/4 way around dog to right and return			
Bed while you jog 1/4 way around dog to left and return			
Bed for 5 seconds			
Bed for 10 seconds			

*Note: if you have problems here, take smaller steps. You may only be able to move 1-2 cm at a time.

**Note: this is the first time to combine two tasks! If you have problems, break this step down into fewer steps and less sound, then gradually work your way up to this task.

***Note: if you have problems, make the distance smaller and work your way up gradually

****Note: you may need to do smaller movements or steps at first to have success

TASK SET THREE

Area 1

Area 2

Area 3

Bed for 10 seconds			
Bed for 15 seconds			
Bed while you take 2 steps backwards and return			
Bed while you jog 5 steps backwards from dog and return*			
Bed while you walk 1/2 way around the dog to the right and return			
Bed while you walk 1/2 way around the dog to the left and return			
Bed while you take 10 steps backwards and return			
Bed for 5 seconds			
Bed for 10 seconds			
Bed for 15 seconds			
Bed while you take 10 steps to the left and return*			
Bed while you take 10 steps to the right and return			
Bed for 5 seconds			
Bed for 10 seconds			
Bed for 15 seconds			
Bed for 20 seconds			
Bed while you walk 1/2 way around the dog to the right, clap your hands			
Bed for 20 seconds			
Bed while you walk 1/2 way around the dog to the left, clap your hands			
Bed for 10 seconds			
Bed while you jog 10 steps to the right and return			
Bed while you jog 10 steps to the left and return			
Bed while you jog in place for 10 seconds			
Bed for 5 second			
Bed for 10 seconds			
Bed for 15 seconds			
Bed while you jog in place for 20 seconds			
Bed for 10 seconds			
Bed while you jog backwards 5 steps and return			
Bed while you jog to the right 5 steps and return			
Bed while you jog to the left 5 steps and return			
Bed for 5 seconds while you clap your hands			
Bed for 10 seconds while you clap your hands			
Bed for 10 seconds			
Bed for 5 seconds			

*Note: this is a large jump, make the distance smaller and work your way up gradually if needed

TASK SET FOUR

	Area 1	Area 2	Area 3
Bed for 5 seconds			
Bed for 10 seconds			
Bed while you jog backwards 5 steps and return			
Bed for 5 seconds			
Bed for 10 seconds			
Bed for 20 seconds			
Bed while you jog 1/2 way around the dog to the right and return			
Bed while you jog 1/2 way around the dog to left and return			
Bed while you move 3/4 of the way around the dog to the right and return			
Bed while you move 3/4 of the way around the dog to the left and return			
Bed while you jog backwards 5 steps, clapping your hands and return			
Bed for 10 seconds			
Bed for 15 seconds			
Bed while you clap your hands for 20 seconds*			
Bed while you quickly move backwards 10 steps and return			
Bed while you quickly move 15 steps backwards and return			
Bed for 20 seconds			
Bed while you jog 1/2 way around the dog to the right and return			
Bed while you jog 1/2 way around the dog to left and return			
Bed while you quickly walk 15 steps to the left and return			
Bed while you quickly walk 15 steps to the right and return			
Bed for 20 seconds			
Bed while you move 3/4 of the way around the dog to the right and return			
Bed while you move 3/4 of the way around the dog to the left and return			
Bed while you walk all the way around the dog			
Bed while you walk approximately 20 steps to an entrance and return			
Bed while you walk approx 20 steps to an entrance, clapping your hands**			
Bed while you walk around the dog, quietly clapping your hands			
Bed for 20 seconds			
Bed while you quickly jog around the dog			
Bed for 20 seconds			
Bed for 10 seconds while you clap your hands			

*Note: this large jump in duration may require you to decrease the volume or work up to this duration

**Note: this change in your behavior may elicit a response - don't be afraid to work up to this task

TASK SET FIVE

Area 1

Area 2

Area 3

Bed for 5 seconds			
Bed for 15 seconds			
Bed while you walk quickly 15 steps to the right and return			
Bed while you walk quickly 15 steps to the left and return			
Bed while you walk approximately 20 steps to an entrance and return			
Bed while you walk approx 20 steps to an entrance, clapping your hands			
Bed for 20 seconds			
Bed while you walk around the dog, clapping your hands			
Bed for 20 seconds			
Bed for 10 seconds			
Bed while you walk quickly backwards, clapping your hands, and return			
Bed while you walk approximately 20 steps to an entrance and return			
Bed while you walk approx 20 steps to an entrance, clapping your hands			
Bed while you go to an entrance and just touch the doorknob or wall			
Bed for 10 seconds			
Bed while you walk quickly backwards, clapping your hands, and return			
Bed while you walk approximately 20 steps to an entrance and return			
Bed while you walk approx 20 steps to an entrance, clapping your hands			
Bed while you go to an entrance and just touch the doorknob or wall			
Bed for 20 seconds			
Bed while you walk approx 20 steps to an entrance, clapping your hands			
Bed while you go to an entrance and just touch the doorknob or wall			
Bed for 10 seconds			
Bed while the doorknob is touched or you move into entry way and return			
Bed for 10 seconds			
Bed for 15 seconds while you clap your hands			
Bed for 10 seconds while you jog in place			
Bed for 5 seconds			

TASK SET SIX

Area 1

Area 2

Area 3

Bed for 10 seconds			
Bed for 20 seconds while you jog back and forth in front of the dog			
Bed for 15 seconds			
Bed while you walk approximately 20 steps to an entrance and return			
Bed while you walk quickly backwards, clapping your hands, and return			
Bed while you go to an entrance and just touch the doorknob and return*			
Bed for 20 seconds while jogging			
Bed while you walk around the dog			
Bed while you walk around the dog clapping your hands			
Bed for 15 seconds			
Bed for 20 seconds			
Bed for 30 seconds			
Bed while you walk quickly backwards, clapping your hands, and return			
Bed while you go to an entrance and just touch the doorknob and return			
Bed while you open the door for 5 seconds and then return			
Bed while you open the door for 10 seconds and then return			
Bed for 30 seconds			
Bed while you walk quickly backwards, clapping your hands, and return			
Bed while you go to an entrance and just touch the doorknob and return			
Bed for 10 seconds			
Bed while you go through the door and then return			
Bed while you go through the door, clapping your hands and then return			
Bed while you open the door for 10 seconds and then return			
Bed for 30 seconds			
Bed while you disappear from view for 5 seconds and then return**			
Bed for 20 seconds			
Bed for 10 seconds while you clap your hands			
Bed for 5 seconds			

*This change may elicit a reaction - be prepared to reset

**You may need to work up to this duration/time

TASK SET SEVEN

Area 1

Area 2

Area 3

Bed for 10 seconds			
Bed for 20 seconds while you clap your hands			
Bed while you take 10 steps backwards and return			
Bed while you walk around the dog			
Bed while you go through the door and then return			
Bed while you go through the door, clapping your hands and then return			
Bed while you open the door/go into the entrance for 10 seconds, return			
Bed for 30 seconds			
Bed while you disappear from view for 5 seconds and then return			
Bed while you go through the door and then return			
Bed while you go through the door, clapping your hands and then return			
Bed while you open the door for 10 seconds and then return			
Bed for 10 seconds			
Bed for 20 seconds			
Bed for 30 seconds			
Bed while you disappear from view for 10 seconds and then return			
Bed while you disappear from view for 15 seconds and then return			
Bed for 10 seconds			
Bed for 15 seconds			
Bed for 5 seconds while you clap your hands			
Bed while you jog in place for 10 seconds			
Bed while you jog 3/4 of the way to the right and return			
Bed while you jog 3/4 of the way to the left and return			
Bed while you go through the door, clapping your hands and then return			
Bed while you open the door for 10 seconds and then return			
Bed for 30 seconds			
Bed while you disappear from view for 15 seconds and then return			
Bed for 10 seconds			
Bed for 5 seconds			