

# Puppy Exercise Guide

	8-12 weeks	12-16 weeks	4-6 months	6-12 months	12-18 months	18-24 months
Let puppy volunteer to increase distance up to the maximum outlined. Stop if there is ever reluctance to go further.						
Continous walking	50-100m at a time, max 2 minute leash walk training	100-200m at a time, max 2 minute leash walk training	200-400m at a time, max 2 minute leash walk training	20-30 minute walk on a relatively flat, soft surface. Limit pavement walks to a few minutes	20-30 minute walk on a relatively flat, soft surface. Limit pavement walks to a few minutes	Distance & duration can increase gradually as long as you & your dog are happy.
"Sniffy Walks" are informal on or off leash walks where puppy determines speed & is encouraged to sniff & explore at leisure						
"Sniffy Walks"	10-15 minutes	15-20 minutes	20-30 minutes	30-45 minutes	45-60 minutes	Begin more formal walks with "sniff" breaks
Puppy can go out in a safe yard on his own. Supervision should be provided to ensure puppy doesn't get into mischief. Provide "treat trail" exercises to keep puppy busy when necessary.						
Backyard Play	No time limit	No time limit	No time limit	No time limit	No time limit	No time limit
Puppy can run as much as he likes on his own (with no encouragement from people, dogs etc)						
Running	Directed running only in short spurts during play	Directed running only in short spurts during play	Directed running only in short spurts during play	Directed running only in short spurts during play	Directed running only in short spurts during play	Running & other endurance activities can slowly be introduced
Play surfaces should always have good traction/non-slip surface. Observe jump heights as they pertain to furniture & vehicles too.						
Jumping & High Impact Activities	No jumps over puppy's wrist height, consider carrying up/down stairs	No jumps over puppy's wrist height, consider carrying up/down stairs	No jumps over puppy's Wrist height, consider carrying up/down stairs	No jumps over puppy's wrist height, supervise on stairs & ensure safe slow navigation.	Jumps can slowly increase to elbow height, supervise on stairs & ensure safe slow navigation.	Jumps can slowly increase to competition height, supervise on stairs & ensure safe slow navigation.
Allow free play with household dogs but be ready to enforce nap time & intervene/distract, if play gets rough or too crazy.						
Play With Other Dogs	10-15 minute, supervised play dates with other puppies	10-15 minute, supervised play dates with other puppies	15-20 minute, supervised play dates with other puppies	15-20 minute, supervised play dates with other puppies	20-25 minute, supervised play dates with other puppies	Always supervise play dates & interrupt if play gets too rough/crazy
Always supervise your puppy around water, never force them in & be sure they wear a life jacket. Keep retrieval toys close to shore.						
Swimming	Limit swimming to shallow water & only a few minutes at a time	Limit swimming to shallow water & only a few minutes at a time	Limit swimming to shallow water & only a few minutes at a time	Limit swimming to shallow water & only a few minutes at a time	Limit swimming to shallow water & only a few minutes at a time	Dog can swim as long as he volunteers to
Keep toys low to the ground to limit puppy jumping up, or putting strain on their neck.						
Chasing	Roll balls slowly and keep toys low to the ground.	Roll balls slowly and keep toys low to the ground.	Roll balls slowly and keep toys low to the ground.	Roll balls slowly and keep toys low to the ground.	Roll balls slowly and keep toys low to the ground.	Roll balls slowly and keep toys low to the ground.
If you decide to allow this form of play, allow puppy to tug against you, do not tug on the toy yourself. Keep toys low so dogs neck is level with their back to prevent strain.						
Tugging	1-2 minutes	1-2 minutes	1-2 minutes	1-2 minutes	1-2 minutes	2-5 minutes
No fast turns or sudden stops in directed play/training until 2 years of age. Seeing these things in self directed play indicates play is too rough.						
Fast Turns	None	None	None	None	None	Can be slowly introduced in training ie: agility.