



# Super Spectacular, High Achievers, Yep, that's you! Training Log

"If you aren't progressing, you aren't training"



*Handler and/or Dog skill needing improvement:*

This space is for you to articulate your challenge what you'll be working on

*Why is this important to me?*

This space is to provide motivation for you to continue to work through the challenge

Date	Location	Exercise	Purpose of session/criteria	Results of session
	Where are you? Is it new or familiar	Be specific here. Put as many details as possible	What is your goal outcome? Why are you doing this exercise?	Did you reach your goal outcome? This will help you determine your starting criteria on your next session.

*What progress has occurred over the last 5 days?*

This is where you can assess your progress to help you determine if changes are needed and to ensure you are progressing in your training and in your goals

*How will I build on my progress?*

This is where you can articulate how you plan for continued progress. What will you do in future sessions.

*Yay for You! How will you celebrate?*

Self explanatory! This is where you can proclaim how you will positively reinforce your and your dogs efforts!





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## Handler and/or Dog skill needing improvement:

Duration in Heel position, stationary, with eye contact

## Why is this important to me?

Without duration in position, Quest will not be able to perform behaviors with accuracy and precision, nor choose to default there.

Date	Location	Exercise	Purpose of session/criteria	Results of session
11/10	Living room	Standing platform, fast food to fine dining	Build to 4 seconds, w/ eye contact	Got to 3 sec quickly, inconsistent at 4 sec, look aways
11/11	Training center	Standing platform, fast food to fine dining, start at 3 sec.	Build to 4 seconds, w/ eye contact	Yay! 4 sec. Tried for 5. too many look aways. Stay at 4 for next session
11/11	garage	Standing platform as above, start at 2 sec.	Build to 4 seconds, w/ eye contact	Yay! 5 sec. Then did a little ping ponging – successful on all
11/14	Training center	Standing platform as above, start at 3 sec.	Refresh back to 5 seconds	Woohoo! Made it to 5 sec! With good focus and intensity

## What progress has occurred over the last 5 days?

Quest went from 1-2 seconds with look aways to 5 seconds of focused duration!

## How will I build on my progress?

Stay focused on keeping a record of continued progress. Start easy each session to build value early. Keep track by counting number of seconds upward. Ping pong between easier and harder as I increase the number of seconds incrementally.

## Yay for You! How will you celebrate?

Quest and I are going for ice cream together when we reach 5 seconds of focused duration in heel position on the platform!





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