










Keep track of your daily activity.

All it takes is 30 minutes a day – you and your dog will both benefit.



Activity: 1 Time:	Activity: 2 Time:	Activity: 3 Time:	Activity: 4 Time:	Activity: 5 Time:	Activity: 6 Time:
Activity: 7 Time:	Activity: 8 Time:	Activity: 9 Time:	Activity: 10 Time:	Activity: 11 Time:	Activity: 12 Time:
Activity: 13 Time:	Activity: 14 Time:	Activity: 15 Time:	Activity: 16 Time:	Activity: 17 Time:	Activity: 18 Time:
Activity: 19 Time:	Activity: 20 Time:	Activity: 21 Time:	Activity: 22 Time:	Activity: 23 Time:	Activity: 24 Time:
Activity: 25 Time:	Activity: 26 Time:	Activity: 27 Time:	Activity: 28 Time:	Activity: 29 Time:	Activity: 30 Time:

Some activity ideas for you and your dog

-  Go swimming, for a walk in the park or play tag.
-  Organise a play date with another dog friend.
-  Play fetch with a ball or Frisbee.
-  Find an old rope and play a gentle game of tug-of-war. Remember to be mindful of your dog's teeth... be gentle!
-  On a rainy day, play fetch up and down a set of stairs.
-  There's even a bit of activity required for obedience training. Take a course or do-it-yourself!
-  Remember - do not exercise during the heat of the day as dogs can quickly become overheated and suffer from heat stroke.