

## SESSION LENGTH

- Cats: 5 mins
- Dog:s 10 mins
- Experienced pets or easy skills can extend up to ~5mins longer
- Note: This is the max, anything shorter is fine!
- Multiple short sessions are best

## HOW MANY PER DAY?

Twice daily is great!  
When using food, decide how much they can have that day. When the food runs out, you're done for the day! This might be within ONE session, or across several. Several short sessions are better than a few long ones.

## HOW OFTEN DO I PRACTICE?

### ENDING SESSIONS

- Sessions should end
  - Before limits indicated above,
  - Or when pet disengages,
  - Or when the allotted treat serving is consumed
- Adjust future sessions to prevent the above repeatedly occurring
- Always end with something VERY easy pet will get correct
- End while they're still engaged

### TIME BETWEEN SESSIONS

Allow at least one hour to rest from physical and mental exertion and to digest food rewards. Ensure longer rest for more challenging sessions.  
Time for a nap in between is ideal.  
Play post session enhances learning.