

SESSION LENGTH

Pets new to training or starting new skills

- Cats: 5 mins; Dog:s 10 mins
- Experienced pets or easy skills can be 5mins longer
- Note: This is the max, anything shorter is fine!
- Multiple short sessions is 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

HOW OFTEN DO I PRACTICE?

TIME BETWEEN SESSIONS

At least one hour to rest from physical and mental exertion and to digest food rewards. Longer rest for more challenging sessions. Time for a nap in between is ideal

STOPPING SESSIONS

- If you're not in the mood, skip it!
- Always end with something VERY easy they will get correct
- Stop before your pet gets bored, full, tired, or annoyed, end while they're still engaged