

Sample Schedules

Two factors have been taken into account when creating these sample schedules for you and your puppy. The age of your puppy, as well as your ability to be or not be home with your puppy throughout the day. Some people are blessed to be able to be home with their puppies because they work from home, but others need to be at a specific job site or office for much of the day.

The first potty break of the day

Regardless of your puppies age, you should take your puppy outside for a potty time the moment you wake up in the morning.

- Roll out of bed
- Do not talk to your puppy, this could cause an accident
- Quickly put on your shoes and jacket
- Get your leash
- Open the crate door and greet your puppy with a calm, soothing, “good morning”
- Pick your puppy up and put a leash on them
- With your puppy in your arms, walk to the door, ring the bells, and go directly to your puppy’s potty area
- Put your puppy down and then wait, the pee should come first, followed shortly by the poop
- Have some playtime outside for 10-15 minutes after your puppy has completely finished both peeing and a pooping
- Bring your puppy inside

Schedule 1: 7-15 weeks

For owners who are home with their puppy during the day.

Morning

6:30 - Wake up and immediately go out for potty and playtime

7:00-7:30 - Bonding and free time in the home with your puppy near or tethered to you

7:30 - First meal of the day and some water

7:50 - Potty break and playtime outside

8:00-9:30 - Bonding and free time in the home with your puppy near or tethered to you

9:30 - Nap time in a crate next to your bed

Noon

12:00 - Potty break and playtime outside

12:20 - Second meal of the day and water

12:40 - Potty break and playtime outside

1:00-1:20 - Bonding and free time in the home with your puppy near or tethered to you

1:20 - Nap time in a crate next to your bed

Evening

5:00 - Third meal of the day and water

5:20 - Potty break and playtime outside

5:50-7:00 - Bonding and free time in the home with your puppy near or tethered to you

7:00 - Nap time in a crate next to your bed

8:00 - Last access to water for the evening

8:20 - Potty break and playtime outside

8:30-9:40 - Bonding and free time in the home with your puppy near or tethered to you

9:40-10:00 - Final potty break

Overnight

Bedtime in crate or exercise pen next to your bed.

Set alarm for 1:00am and 4:00am to take your puppy out for a quick 5-10 minute potty break.

Schedule 2: 7-15 weeks

For owners who work 9-5.

With this schedule, you'll want to use an exercise pen with pee pads to contain your puppy when you're at work.

Morning

6:00 - Wake up and immediately go out for potty and playtime

6:30 - First meal of the day and some water

6:50 - Bonding and free time in the home with your puppy near or tethered to you

7:10 - Potty break and playtime outside

7:30 - Put your puppy in an exercise pen with pee pads. Leave them a safe chew toy to play with

8:00 - Check on your puppy via a camera from your office (more on cameras, baby monitors and app's in later chapters)

Noon

12:00 - You come home to let your puppy outside for potty and playtime
12:20 - Feed your puppy and give them access to some water
12:30 - Change pee pads in the exercise pen, and leave for work again

Evening

5:00 - Potty break and playtime outside
5:20 - Third meal of the day and water
5:50-7:00 - Bonding and free time in the home with your puppy near or tethered to you
7:00 - Nap time in a crate next to your bed
8:00 - Last access to water for the evening
8:15 - Potty break and playtime outside
8:30-9:40 - Bonding and free time in the home with your puppy near or tethered to you
9:40-10:00 - Final potty break

Overnight

Bedtime in crate or exercise pen next to your bed.
Set alarm for 1:00 am and 4:00 am to take your puppy out for a quick 5-10 minute potty break.

Schedule 3: 16w-6m

For owners who are home with their puppy.

Morning

6:30 - Wake up and immediately go out for potty and playtime
7:00-7:30 - Bonding and free time in the home with your puppy near or tethered to you
7:30 - First meal of the day and some water
7:50 - Potty break and playtime outside
8:00-9:30 - Bonding and free time in the home with your puppy near or tethered to you
9:30 - Nap time in a crate next to your bed

Noon

12:00 - Potty break and playtime outside
12:20 - Second meal of the day and water
12:35-1:00 - Bonding and free time in the home with your puppy near or tethered to you
1:00 - Potty break and playtime outside
1:20-2:00 - Bonding and free time in the home with your puppy near or tethered to you
2:00 - Nap time in a crate next to your bed

Evening

5:00 - Third meal of the day and water

5:20 - Potty break and playtime outside

5:50-7:30 - Bonding and free time in the home with your puppy near or tethered to you

7:30 - Potty break and playtime outside

8:00 - Last access to water for the evening

8:15 - Potty break and playtime outside

8:30-10:00 - Bonding and free time in the home with your puppy near or tethered to you

10:00-10:30 - Final potty break

Overnight

Bedtime in crate or exercise pen next to your bed.

Set alarm for 3:30 am to take your puppy out for a quick 5-10 minute potty break.

Schedule 4: 16w-6m

For owners who work 9-5.

With this schedule, you'll want to get rid of the exercise pen and pee pads and implement your dog crate when you leave home during the two, 3-5 hours periods when you are at work. Your puppy should be able to hold off from using the bathroom for 3-5 hours at this age. You can go back to the exercise pen and pee pads if your puppy is making a lot of mistakes in the crate when you are at work. If you can't come home midday to let your puppy out for potty and to give them their 2nd meal and water of the day, be sure to have someone that you trust come to your home to get your puppy out.

Morning

6:00 - Wake up and immediately go out for potty and playtime

6:30 - First meal of the day and some water

6:50 - Bonding and free time in the home with your puppy near or tethered to you

7:10 - Potty break and playtime outside

7:30 - Put your puppy in their dog crate and leave them a safe chew toy to play with

8:00 - Check on your puppy via a camera from your office

Noon

12:00 - You come home to let your puppy outside for potty and playtime

12:20 - Feed your puppy and give them access to some water

12:30 - Put your puppy back into their crate and leave for work

Evening

5:00 - Third meal of the day and water

5:20 - Potty break and playtime outside

5:50-7:30 - Bonding and free time in the home with your puppy near or tethered to you

7:30 - Potty break and playtime outside

8:00 - Last access to water for the evening

8:15 - Potty break and playtime outside

8:30-10:00 - Bonding and free time in the home with your puppy near or tethered to you

10:00-10:30 - Final potty break

Overnight

Bedtime in crate or exercise pen next to your bed.

Set alarm for 3:30 am to take your puppy out for a quick 5-10 minute potty break.

Schedule 5: 6 months +

For owners who are home with their puppy.

Morning

7:00 - Wake up and immediately go out for potty and playtime

7:30-8:00 - Bonding and free time in the home with your puppy near

8:30 - First meal of the day and some water

8:50 - Potty break and playtime outside

9:00-9:30 - Bonding and free time in the home with your puppy near

10:30 - Nap time in a crate next to your bed

Noon

12:00 - Potty break and playtime outside

12:20 - Second meal of the day and water

12:35-1:00 - Bonding and free time in the home with your puppy near

1:00 - Potty break and playtime outside

1:20-2:00 - Bonding and free time in the home with your puppy near

2:00 - Nap time in a crate next to your bed

Evening

5:00 - Potty break and playtime outside

5:20 - Third meal of the day and water

5:50-7:30 - Bonding and free time in the home with your puppy near

7:30 - Potty break and playtime outside

8:00 - Last access to water for the evening
8:15 - Potty break and playtime outside
8:30-10:30 - Bonding and free time in the home with your puppy near
10:30-11:00 - Final potty break

Overnight

Bedtime in a crate or exercise pen next to your bed.

At 6-7 months, most puppies can sleep through the night without needing to go out for a potty break. If your puppy is getting you up very early each morning, it's best to continue to set your alarm for 3:30 am until your puppy is able to manage overnight.

Schedule 6: 6 months + For owners who work 9-5.

Morning

6:00 - Wake up and immediately go out for potty and playtime
6:30 - First meal of the day and some water
6:50 - Bonding and free time in the home with your puppy near or tethered to you
7:10 - Potty break and playtime outside
7:30 - Put your puppy in their dog crate and leave them a safe chew toy to play with
8:00 - Check on your puppy via a camera from your office

Noon

12:00 - You come home to let puppy outside for potty and playtime
12:20 - Feed your puppy and give them access to some water
12:30 - Put your puppy back into their crate and leave for work

Evening

5:00 - Third meal of the day and water
5:20 - Potty break and playtime outside
5:50-7:30 - Bonding and free time in the home with your puppy near
7:30 - Potty break and playtime outside
8:00 - Last access to water for the evening
8:15 - Potty break and playtime outside
8:30-10:30 - Bonding and free time in the home with your puppy near
10:30-11:00 - Final potty break

Overnight

Bedtime in crate or exercise pen next to your bed.

At 6-7 months, most puppies can sleep through the night without needing to go out for a potty break. If your puppy is getting you up very early each morning, it's best to continue to set your alarm for 3:30 am until your puppy is able to manage overnight.

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