

# Dog Care & Training Record Book

For use by all Alabama 4-H Dog Project and 4-H Good Dog! Project members

Member name: \_\_\_\_\_

Birth date: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Years in project: \_\_\_\_\_

( Insert a photo of your dog here. )

## End of Year Signatures

At the end of the 4-H year, when your record book is complete, your 4-H Dog Project or 4-H Good Dog! Project coordinator will ask to see this record book.

I hereby certify that, as the exhibitor of this project, I have personally been responsible for the care of this animal, for record keeping, and for completion of this record book. I am aware that this record book may be on display after the final event, and thus all content will be appropriate.

Youth signature: \_\_\_\_\_ Date: \_\_\_\_\_

I, the parent/guardian, certify that my child has completed this project and completed this record book and will comply with all rules and regulations. I give permission for this record book to be displayed to the public and will ensure that all content is appropriate.

Parent/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Check with your local 4-H staff to determine when your record book needs to be submitted and any additional guidelines or rules for completion.**

**\* Records start with the beginning of the training and end with your participation in a final event, usually a show.**



**4HYD-2334**

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# Table of Contents

Introduction .....	4
4-H Dog Care and Training Project .....	4
Keeping a Record Book .....	4
Guidelines for the 4-H Dog Care and Training Record Book .....	4
Member-in-Good-Standing Requirements .....	4
Starting Out .....	5
Project Animal Information .....	6
Along the Way .....	6
Animal Care and Management .....	8
Project Finances .....	8
Annual Canine Health Care Practices .....	11
Time with My Dog .....	13
Net Project Cost or Profit .....	14
Other Clubs and Projects .....	14
Looking Back .....	15
Knowledge and Skills I Gained .....	16
Training Your Dog .....	17
Show Record .....	18
Record of Demonstration, Talks, and Activities .....	18
The Three Most Important Things I Learned .....	19
Telling My 4-H Story .....	19
Thinking Ahead .....	23
Appendix .....	24
Dog Behavior Supplement .....	27

## Introduction

This project record book has been created specifically for members enrolled in the 4-H Dog Care and Training Project. Keeping a record book is an important part of the project. It will help you set goals for the project year, record your accomplishments, and help guide your efforts to keep important records on your dog(s).

## 4-H Dog Care and Training Project

A project is a subject or topic you learn about in 4-H. More important, a project is something you do or make, which results from knowledge and skills you learned in the activity. In this case, your project is Dog Care and Training. You learn about your project from attending meetings and educational workshops and from working with adult leaders and other 4-H members. You can also learn from field trips and regional field days, shows and competitions, your family, and self study.

## Keeping a Record Book

A record book is not meant to be a chore. Instead, it is a way for you to learn. Here are some important reasons why 4-H expects you to complete a record book for your project.

- Learn how to organize yourself.
- Learn how to set reasonable goals for yourself.
- Demonstrate what you've learned this year from the goals you reached.
- Recognize what things you learned this year, and compare your progress and successes from year to year.
- Explain what you've learned.
- Track the costs of your project.
- Gather information needed to apply for awards and scholarships.
- Complete applications and resumes for jobs and college.
- Meet requirements to participate in your county's Junior Achievement or the state Senior Achievement Competition where the top-placing individual is awarded a trip to National 4-H Congress as an official Alabama delegate.

## Guidelines for the 4-H Dog Care and Training Project Record Book

Start your year by setting at least three goals for the year. These goals may include dog knowledge and skills or personal development activities. Each year in the project, try to accomplish new skills or skills you did not accomplish in previous years.

## Member-in-Good-Standing Requirements

In general, all 4-H members are expected to meet the following standards each year. These are the minimum requirements. Your particular county or club may have additional requirements.

- Be enrolled in 4H Online.
- Pay the fee.
- Attend the mandatory meeting.
- Attend the training sessions.
- Participate in community service to understand the pet overpopulation problem.
- Participate in a county or regional dog show (obedience or showmanship).
- Submit a completed record book.



## Starting Out

### My Goals for the 4-H Year

The beginning of the 4-H year is a good time to begin thinking about what you'd like to do or learn in 4-H during the upcoming months. List some of your goals for the year and your plans to accomplish those goals.

During each year in the 4-H Dog Care and Training Project, members should choose a minimum of three goals to pursue. Choices are listed in the appendix starting on page 24. Write your choices below. Don't be afraid to challenge yourself! Of course, you may aim to reach more than three goals. For now, write your goals below and your plan for reaching each goal. If the items on the list have all been accomplished, develop some of your own. You may also choose special ones not listed. Be sure to get the needed signatures below.

My Goals This Year	What I Need to Do to Reach This Goal
Example: I will learn how to give a public presentation about how I train my dog.	Attend county public presentation workshop. Have my leader and parents help me pick a topic that will be good for me. Practice my presentation. Give the presentation at a club meeting.

### Signatures for Goal Setting

I will work toward the above goals I have set for myself for the upcoming 4-H year to the best of my ability.

Member signature: \_\_\_\_\_ Date: \_\_\_\_\_

I will support my child's goals for the upcoming 4-H year.

Parent/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

I will help support this member's goals for the upcoming 4-H year.

4-H Dog Project or Good Dog! Project coordinator signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Project Animal Information

Dog's name: \_\_\_\_\_

Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

Purebred: \_\_\_\_\_ or Crossbred \_\_\_\_\_

Breed (if known): \_\_\_\_\_

Spayed or neutered? Yes \_\_\_\_\_ No \_\_\_\_\_

If no, why not? \_\_\_\_\_

Dog's age (if unknown, estimate): \_\_\_\_\_

Dog's birth date (if known): Year of birth \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_

Weight: \_\_\_\_\_

Height at shoulders: \_\_\_\_\_

Color or markings: \_\_\_\_\_

Is your dog registered with AKC, UKC, or other group? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, name the group and record the dog's registration number. \_\_\_\_\_

I assumed ownership of my dog on \_\_\_\_\_

(Date)

My dog was (check all that apply):

already the family dog

gift

purchased

Name of store, breeder, animal shelter, or pound: \_\_\_\_\_

When purchased? \_\_\_\_\_

Where purchased? \_\_\_\_\_

Other. Please explain: \_\_\_\_\_

## Along the Way

### Keeping Track of What I Do

For this section, it is best to write down what you have done shortly after completing it so you won't forget important events and activities. This section includes the following parts:

- what I did in this project this year
- animal care and management
- project finances
- other clubs and projects

### What I Did in This Project This Year

The following page is where you can list what you did in this 4-H project. Don't forget to include these types of 4-H events and activities you might have done this year:

- events participated in
- leadership roles, such as offices held or committees led
- shows and competitions (be sure to identify the dog entered, class entered, and number in the class)
- club meetings, special meetings, clinics
- community service
- public speaking
- field trips
- Alabama 4-H State Obedience and Showmanship Competition
- awards or recognition earned

Name of Event/ Activity	Date and Location	What I Did	Level (club, county, state, national)	Award or Recognition Earned?
Example: Invitational Dog Show	1/1/2018 Somewhere, Alabama	Entered Lassie in novice class.	Club	1st place
Example: Visited nursing home with the club	12/15/2018 ABC Nursing Home, Somewhere, Alabama	I brought my dog for the residents to pet.	Club	Received a thank-you letter from the nursing home director

(You may add more copies of this page if necessary.)

## Animal Care and Management

Because your project is a living creature, it requires regular care and management. Explain here what you regularly do for or with your animal on a daily, weekly, monthly, and yearly basis. Be as specific as possible.

Do not forget to list the following:

- feeding and watering practices (when and what does your dog eat)
- grooming (brushing, clipping nails, cleaning ears, bathing, checking for fleas and ticks, clipping)
- exercising and training
- cleaning and disinfecting crate/kennel, food and water containers

What I Do for My Project Animal	
Daily	
Weekly	
Monthly	
Yearly	

## Project Finances

You spent money on your 4-H Dog Care and Training project this year. This section will help you add up what it cost to complete your project.

### (E) Expenses

This section is where you can keep track of what you purchased, veterinarian and medical supplies, and the other materials, supplies, and equipment you used for your project and what it cost to use. You may add more copies of these pages if necessary.

Expenses are divided into three categories (E1, E2, and E3):

- (E1) feeding records
- (E2) veterinary and health expenses
- (E3) miscellaneous expenses (such as equipment, bedding, grooming supplies, entry fees, and toys)

**(E1) Feeding Records**

Use this chart to record all foods purchased for your dog for the year. Include dry, canned, treats, etc.

Name of Food Purchased	Date of Purchase	Cost (\$)	Amount (weight: oz. or lb.)	Quantity Purchased	Comments
Example: Puppy Original Formula	10/1/2018	\$8.00	8 lb.	1 bag	I do not feed more than what my puppy will eat in 15 to 20 minutes. I discard any uneaten food and wash the food container after each meal.
Example: Treat Bones for Small Dogs	10/1/2018	\$3.50	5 lb.	1 box	My dog gets a bone in the evening after training sessions.
Total Cost of Food Purchased:					

What does your dog like to eat? \_\_\_\_\_

What food is nutritionally good for your dog? \_\_\_\_\_

How often and how much do you feed your dog? \_\_\_\_\_

How often and how much does your dog drink? \_\_\_\_\_



## Annual Canine Health Care Practices

For your dog to achieve and maintain optimal health, your local veterinarian should carry out the following health care practices each year.

Vaccinations/Parasite Control	Date
Distemper	
Hepatitis	
Leptospirosis	
Parainfluenza	
Parvovirus	
Coronavirus	
Rabies	
Kennel Cough	
Lyme Disease	
Physical Exam	
Dental Prophylaxis	
Blood Work	
Fecal Exam	
Deworm (include product)	
Heartworm Check	
Preventative	
External Parasite Control (include product)	

### Contact Information

Name of veterinarian: \_\_\_\_\_

Name of clinic: \_\_\_\_\_

Clinic address: \_\_\_\_\_

Clinic phone: \_\_\_\_\_

### Other Medical Information

Does your dog have any medical conditions that require special medication(s)? Yes \_\_\_\_\_ No \_\_\_\_\_

What medication(s)? \_\_\_\_\_

How often do you administer the medication(s)? \_\_\_\_\_



## Time with My Dog

Record the time you spend training, grooming, exercising, or just being with your dog.

I spend \_\_\_\_\_ hours a day training my dog.  
 I spend \_\_\_\_\_ hours a day grooming my dog.  
 I spend \_\_\_\_\_ hours a day exercising my dog.  
 I spend \_\_\_\_\_ hours a day just being with my dog.

Other things I do with my dog (explain):

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### (I) Income Record

Complete if applicable to your project. If you raised puppies for sale or made money caring for other people's dogs, list below.

Date	Source of Income (sale of puppy, pet sitting, other)	Amount Earned
Example: 3/14/2018	Show Premium-Obedience, 1st place	\$15.00
Total Income		

## (N) Net Project Cost or Profit

If your project earned more than it cost, then your project made a profit. This is not likely, so do not worry if your project did not make money. The important point to learn is that most activities have costs. Therefore, you must be careful to spend money wisely.

More likely, you spent more on your 4-H project than you earned from it. Expenses minus income is the total (or net) cost of your project.

<b>Total Expenses</b> Includes value of equipment and project animals	
Total Dog Food Expenses (E1 page 9)	\$
Total Health/Medical Expenses (E2 page 10)	\$
Total Other Expenses (E3 page 12)	\$
Total Expenses (Add all expenses, and put number in box at right.)	\$

<b>Net Project Cost or Profit (N)</b>	
Total Expenses (from above)	\$
Total Income (I, page 13)	\$
Net Project Cost or Profit (Subtract total income from total expenses.)	\$

<b>Example</b>		
Total Expenses (E)	Minus Total Income (I)	= Net Project Cost (N)
Example: \$250.00	\$25.00	\$225 (a project cost of \$225)

## Other Clubs and Projects

List any other clubs and projects you participated in during the past year.

Project or Club Name	Dates

## Looking Back

### What I Learned This Year

This section is to be completed at the end of the 4-H year. It is meant to help you look back on all that you learned during the past year. This section includes the following parts:

- my goals completed
- a summary of knowledge and skills I gained
- the three most important things I learned
- telling my story

### My Goals Completed

Look back on the goals you set for yourself at the beginning of the year. How well did you meet those goals? Use the space below to tell how well you did in reaching your goals. If you added new goals during the year, also include them below.

My Goals for This Year	How Well Was Each Goal Met?
Example: I learned how to give a public presentation about how I trained my dog to sit.	I attended county public presentation workshop. I had to change my topic three times. I should have practiced my presentation more before I gave it at the club meeting. I will start planning and practicing earlier next year!



## Knowledge and Skills I Gained

There are many things to learn in 4-H. Check each item below that you learned or improved in 4-H during the 4-H Dog Care and Training Project.

### Personal Skills

- to set goals for myself
- how to organize myself
- how to finish something I started
- how to pay attention to instructions
- to feel good about myself
- knowledge of my project
- to be proud of my accomplishments
- to make something with my hands
- to follow directions
- to try something new
- to accept change
- how to keep records of important information
- to take responsibility for my own words and actions
- what is important to me
- what I am interested in
- how to get more information about something I am interested in
- how to satisfy my curiosity about a new subject
- to deal with winning and losing gracefully
- how to be careful and practice safety
- to explore a career interest
- how to make wise choices and decisions
- new words and how to use them
- how different things relate to each other
- to keep track of finances

### Working with Other People

- how to listen to other people
- how to lead others
- how to solve problems
- how to participate in a meeting
- how to work with adults
- how to give a public presentation
- to feel comfortable speaking in front of a group
- how to help others succeed
- to understand my strengths and weaknesses
- to make new friends
- how to get along with other youth
- to accept people who are different from me
- how to work on a committee
- how to work with the club to complete a community service project
- how to give the 4-H Pledge
- how to work with other youth
- to respect someone else's feelings

Add any other items not listed above.

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# Training Your Dog

Check commands your dog obeys and tricks learned.

## Commands

- heel on leash
- heel off leash
- come when called
- sit
- sit and stay
- lie down
- down and stay

## Tricks

- sit up
- play catch
- carry
- fetch
- rollover
- jump
- don't touch it

List any additional commands, tricks, or stunts.

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Did you and your dog attend a dog obedience training class? Yes \_\_\_\_\_ No \_\_\_\_\_

Graduated \_\_\_\_\_

(Date)

If you show your dog, in what way did you exhibit your dog?

- |   |  |
|---|--|
| <input type="checkbox"/> bench show       | <input type="checkbox"/> county 4-H              |
| <input type="checkbox"/> obedience trial  | <input type="checkbox"/> inspection              |
| <input type="checkbox"/> club tour        | <input type="checkbox"/> stock dog demonstration |
| <input type="checkbox"/> field trial      | <input type="checkbox"/> other (specify) _____   |
| <input type="checkbox"/> agility trial    | <input type="checkbox"/> other (specify) _____   |
| <input type="checkbox"/> sanctioned match | <input type="checkbox"/> other (specify) _____   |

## Show Record

Record the results of all shows and showmanship events your dog enters during the year.

Name and Place of Show/Fair	Date	Class	Placing
Example: County Fair 4-H Dog Show	6/14/18	Showmanship	Second
Total Value of Premiums Won			

## Record of Demonstrations, Talks, and Activities

Record your participation in events, such as judging contests, project workshops, visits to farm operations, parades, demonstrations, etc., during the 4-H year.

Date	Location	Activity

## The Three Most Important Things I Learned

Even if you learned a lot of different things in 4-H, think of what was the most important for you. Then, list the three most important things you learned during the 4-H Dog Care and Training Project. For example, I learned how to bathe a dog, or I learned to speak in front of my group without being afraid.

The Three Most Important Things I Learned	
1.	
2.	
3.	

## Telling My 4-H Story

Keeping in mind the knowledge and skills you said you learned from the items you checked above, write a story that explains what you gained this past year in 4-H. When possible, use specific examples that are unique to you. Relate what you learned in 4-H to school, family, or other activities in your life. Use extra pages if needed. Attach photos or clippings on additional pages of this book if they help tell your story better. Don't forget to label them with captions.



My 4-H Story (continued)



## Thinking Ahead

### My Goals for Next Year

Now is a good time to begin thinking about what you'd like to do or learn in 4-H next year. List some of your goals for next year and what plan you have to accomplish your goals.

My Goals for Next Year	What I Need to Do to Reach This Goal

Attach additional pages to this record book if needed.

## Appendix

The appendix contains the following:

- Dog Care and Training Knowledge and Skills
- Personal Development Activities
- Dog Behavior Supplement

### Dog Care and Training Knowledge or Skill Goals

During each year, members may choose several dog care and training knowledge or skill goals. Do not be afraid to challenge yourself!

#### Beginning Skills (1–3 years in the project)

Item #	Dog Care and Training Knowledge or Skill
D-1	Keep track of the time needed to care for a dog.
D-2	Understand dog ownership responsibilities.
D-3	Identify parts of a dog.
D-4	Identify your dog's bones.
D-5	Learn how to select a puppy.
D-6	Identify what needs to be done to prepare for a puppy.
D-7	Identify breeds of dogs.
D-8	Identify groups and uses of dogs.
D-9	Learn to identify and correct dog behavior problems.
D-10	Make rules for a dog.
D-11	Housebreak a puppy.
D-12	Recognize dog body language.
D-13	Learn how to control fleas.
D-14	Practice preventative health care.
D-15	Promote dogs and address issues related to dogs.
D-16	Learn good dog grooming skills.
D-17	Trim your dog's toenails.
D-18	Bathe your dog.
D-19	Clean your dog's ears.
D-20	Remove loose or shedding hair.
D-21	Trim your dog's whiskers.
D-22	Clip, pluck, or strip your dog.
D-23	Teach your dog basic obedience commands.
D-24	Train your dog to heel, sit, stay, and come when called.
D-25	Train your dog to down.
D-26	Train your dog to stand.
D-27	Teach a dog showmanship.
D-28	Show your dog in a showmanship class.
D-29	Prepare your dog for a dog show.
D-30	Gather supplies for a dog show.
D-31	Learn to pose your dog.
D-32	Visit a dog pound in your town.
D-33	Visit an animal shelter.
D-34	Attend a dog show.

#### Intermediate Skills (4–6 years in the project)

Item #	Dog Care and Training Knowledge or Skill
D-35	Expand your knowledge of local obedience and kennel clubs.
D-36	Learn the origins of dog breeds.
D-37	Identify ways to make a safe environment for dogs in the home.
D-38	Help find a lost dog.

D-39	Recognize abnormalities and faults of dogs.
D-40	Train a dog to correct behavior problems.
D-41	Control your dog's barking.
D-42	Teach your dog to stay off furniture.
D-43	Learn how to praise and correct your dog.
D-44	Teach your dog not to jump on people.
D-45	Teach your dog new tricks.
D-46	Observe veterinary and health procedures.
D-47	Compare dog foods.
D-48	Identify characteristics of dog food.
D-49	Learn the difference in what to feed dogs at different ages.
D-50	Outline a dog's nutrient requirements.
D-51	Analyze dog food labels.
D-52	Select dog treats.
D-53	Learn how to control internal and external parasites.
D-54	Trace the life cycle of a dog parasite.
D-55	Understand rabies.
D-56	Visit a boarding kennel.
D-57	Classify two dogs according to general personality type and temperament traits.
D-58	Perform a dog physical exam.
D-59	Recognize common dog health problems.
D-60	Care for an older dog.
D-61	Conduct a neighborhood dog census.
D-62	Explore the pet overpopulation problem.
D-63	Identify reasons for neutering and spaying dogs.
D-64	Identify and describe the function of parts of a dog's body.
D-65	Understand the importance of exercising your dog.
D-66	Take pictures of a dog to tell a story.
D-67	Learn to travel safely with pets.
D-68	Learn about the stages of grieving.
D-69	Visit a grooming shop.
D-70	Build a dog house.
D-71	Design a costume for your dog.
D-72	Participate in a costume parade.
D-73	Understand AKC registration requirements.

### Advanced Skills (7 or more years in the project)

<u>Item #</u>	<u>Dog Care and Training Knowledge or Skill</u>
D-74	Diagram and describe the reproductive system of a dog.
D-75	Diagram the digestive system of a dog.
D-76	Identify diseases humans can get from dogs.
D-77	Learn about first aid for your dog.
D-78	Learn basic health procedures for dogs.
D-79	Clean your dog's teeth.
D-80	Learn to give your dog a pill.
D-81	Give liquid medication to your dog.
D-82	Learn about vaccinations for your dog.
D-83	Learn to muzzle an injured dog.
D-84	Research information about local dog laws and ordinances.
D-85	Learn about the role of service dogs.
D-86	Make a budget that shows how much it cost to own a dog for one year.
D-87	Outline the pluses and minuses of breeding a dog.
D-88	Learn about neutering and spaying of dogs.
D-89	Select a sire for breeding.

- D-90 Breed your registered bitch.
- D-91 Determine estrus and heat.
- D-92 Learn how to whelp a litter of puppies.
- D-93 Care for a bitch and puppies.
- D-94 Prepare your litter's pedigree.
- D-95 Test a dog's sense of smell.
- D-96 Promote welfare of animals.

If the above skills have all been accomplished, develop some of your own. You may also choose any special skill not listed above.

### Personal Development Activities

During each year, members may also choose several personal development goals. Do not be afraid to challenge yourself!

<u>Item #</u>	<u>Personal Development Activity</u>
PD-1	Participate in a community service project (such as a food drive, community cleanup, etc).
PD-2	Participate in a community pride project (such as a parade or community day).
PD-3	Help prepare a display or booth relating to 4-H Dog Care and Training activities.
PD-4	Serve as a member of a club committee.
PD-5	Attend 4-H Camp.
PD-6	Participate in your county fair.
PD-7	Assist as a host for a 4-H meeting; make everyone welcome.
PD-8	Provide refreshments for a club meeting.
PD-9	Design and teach a dog activity using the experiential learning model.
PD-10	Help with club/county 4-H fund raisers.
PD-11	Write a newspaper story for your club about an event you participated in.
PD-12	Serve as a chairperson of a club committee.
PD-13	Arrange for a speaker to talk to your club.
PD-14	Make arrangements for your club to go on a field trip.
PD-15	Attend Citizenship Washington Focus (CWF).
PD-16	Attend National 4-H Youth Congress.
PD-17	Attend National 4-H Conference.
PD-18	Explore dog-related careers.
PD-19	Assist a younger member in preparing a public presentation.
PD-20	Assist a younger member at a 4-H dog show.
PD-21	Conduct a fun match.
PD-22	Conduct a dog show.
PD-23	Organize a dog clinic.
PD-24	Conduct a puppy training class.

If the above activities have all been accomplished, develop some of your own. You may also choose any special activities not listed above.



## Dog Behavior Supplement

Every dog exhibits both positive and negative behaviors. In training a dog, you are trying to stop the negative behaviors and teach your dog new, positive behaviors and skills. The following chart allows you to keep track of your dog's behaviors and record when your dog has learned a new skill.

### Behavior Evaluation

Dog's name: \_\_\_\_\_

Evaluate your dog's general behavior every two months.

The following is a list of negative behaviors you want to stop. Use the following scale for scoring:

A—My dog never does this!

B—Sometimes my dog does this.

C—Yep, that's my dog! My dog does this most of the time.

Characteristics	Sept.	Nov.	Jan.	March	May	July
Urinate in the house						
Defecate in the house						
Gets carsick						
Is nervous in the car						
Barks at strangers						
Growls at strangers						
Barks outside						
Trembles at sudden noises						
Hides from thunder						
Cowers from other animals						
Attacks other animals						
Shy in crowds						
Excited in crowds						
Shy around traffic						
Balks at stairs						
Refuses to walk on slippery floors						
Runs away when loose						
Jumps on people						
Chews on furniture, etc.						
Jumps on furniture						
Begs at mealtimes						

If your dog rates a C in any category, write down the thing you did to help your dog overcome this problem.

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