GET YOUR PUPPY EDUCATION STARTED HERE

Your Puppy's Daily Schedule

FOR PUPPIES 6 MONTHS AND UNDER

Just like us, dogs feel most comfortable when they know what to expect. A consistent daily routine provides a sense of security, reduces anxiety, prevents unwanted behaviors, and ensures your puppy gets the exercise, mental stimulation, and rest they need to develop well.

Puppies under 6 months typically need 16–18 hours of sleep per day and have enough energy for 15–20 minutes of focused activity at a time. Plan accordingly.

POTTY TIP — Always take your puppy out immediately upon waking and right before going back into the crate. In early weeks, aim for a potty break every 30–45 minutes during awake time. As bladder control strengthens between 4 and 6 months, you can gradually extend to every hour.

What the daily schedule covers

- Morning routine from wake-up through the first nap
- Midday feeding, training, and play windows
- Afternoon rest and socialization blocks
- Evening wind-down and bedtime sequence
- Potty break timing throughout the full day

Questions about your puppy? I'm here to help.

WEBSITE
lespawtounesdogtraining.com

INSTAGRAM
@lespawtounes

YOUTUBE
Les Pawtounes Dog Training

Les Pawtounes Dog Training

BEHAVIORAL CONSULTING · SOUTH BAY & WESTSIDE LOS ANGELES

PUPPY COACHING

DAILY SCHEDULE

TIME	ACTIVITY
7:00 AM	**POTTY BREAK — first thing, always**
7:00 – 7:30 AM	15 min play + training or enrichment puzzle (Toppl / Kong) — serves as breakfast
7:30 AM	**POTTY BREAK before crate**
7:30 – 9:30 AM	Crate time — Morning Nap
9:30 AM	**POTTY BREAK upon waking**
9:30 – 10:00 AM	Socialization outing or playtime
10:00 AM	**POTTY BREAK before crate**
10:00 AM – 12:00 PM	Crate time — Late Morning Nap
12:00 PM	**POTTY BREAK upon waking**
12:00 – 12:30 PM	Lunch / training session
12:30 PM	**POTTY BREAK**
12:30 – 1:00 PM	30 min play outside
1:00 PM	**POTTY BREAK before crate + 20 min chew in crate to wind down**
1:00 – 3:00 PM	Crate time — Afternoon Nap
3:00 PM	**POTTY BREAK upon waking**
3:00 – 5:00 PM	Playtime or socialization outing
5:00 PM	**POTTY BREAK**
5:00 – 6:00 PM	Dinner + 20 min chew session
6:00 PM	**POTTY BREAK**
6:00 – 7:00 PM	Calm wind-down: sniff walk, gentle play, or quiet time
7:00 PM	**POTTY BREAK — then into crate for the night**
10:00 – 11:00 PM	**POTTY BREAK — last one before morning**

This schedule is a guide, not a rigid prescription. Adjust nap durations and play windows to match your puppy's actual energy level. What matters most is consistency: same cues, same sequence, every day.

GET YOUR PUPPY EDUCATION STARTED HERE

Questions about your puppy? I'm here to help.

WEBSITE
lespawtounesdogtraining.com

INSTAGRAM
@lespawtounes

YOUTUBE
Les Pawtounes Dog Training