

# SENIOR DOG DAILY PLANNER



A PET PARENT'S GUIDE TO  
CREATING A DAILY SCHEDULE

# HOW TO USE



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Attached you will find a simple schedule printout that you can use once a week to help create an activity schedule for your senior dog and incorporate 3 of the activities that contribute to your senior dog's overall health and happiness.

Data suggests that consistent exercise both mental and physical is an important component of keeping us healthy for longer. Quality time is another important way to stimulate their brains and enhance the bond you have with your senior dog. We aim for 15-20 min of each as a simple place to start. Hope you love!

Senior Dog Doc

# DAILY ROUTINE COMPONENTS

AT START OF EACH WEEK, WRITE IN THE DAILY PLANNED ACTIVITY FOR MENTAL ENRICHMENT, PHYSICAL ACTIVITY AND QUALITY TIME FOR YOUR DOG

<b>MON</b>	<b>MENTAL ENRICHMENT</b>	<b>PHYSICAL ACTIVITY</b>	<b>QUALITY TIME</b>
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<b>TUE</b>	<b>MENTAL ENRICHMENT</b>	<b>PHYSICAL ACTIVITY</b>	<b>QUALITY TIME</b>
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<b>WED</b>	<b>MENTAL ENRICHMENT</b>	<b>PHYSICAL ACTIVITY</b>	<b>QUALITY TIME</b>
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<b>THU</b>	<b>MENTAL ENRICHMENT</b>	<b>PHYSICAL ACTIVITY</b>	<b>QUALITY TIME</b>
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<b>FRI</b>	<b>MENTAL ENRICHMENT</b>	<b>PHYSICAL ACTIVITY</b>	<b>QUALITY TIME</b>
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<b>SAT</b>	<b>MENTAL ENRICHMENT</b>	<b>PHYSICAL ACTIVITY</b>	<b>QUALITY TIME</b>
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<b>SUN</b>	<b>MENTAL ENRICHMENT</b>	<b>PHYSICAL ACTIVITY</b>	<b>QUALITY TIME</b>
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# EXAMPLES OF DAILY ACTIVITIES

01

## DAILY MENTAL STIMULATION

- Food Puzzle
- Snuffle Mat
- Kong Toy Stuffed with Frozen Canned Food and biscuits
- Trip to New Place
- Hide and Seek
- 15 -30 min Training Sessions

02

## DAILY PHYSICAL ACTIVITY

- Long Walk
- Hike on Trail
- Swimming  
(only for dogs this is enjoyable for)
- Physical Therapy Session
- Light runs on soft trail or grass  
(young/active seniors only)

03

## QUALITY TIME

- One on one walk with senior
- One on one cuddle time with senior
- Teaching them tricks for their favorite treat
- Taking them for a puppuccino or dog treat
- Taking them to their favorite park to hang out