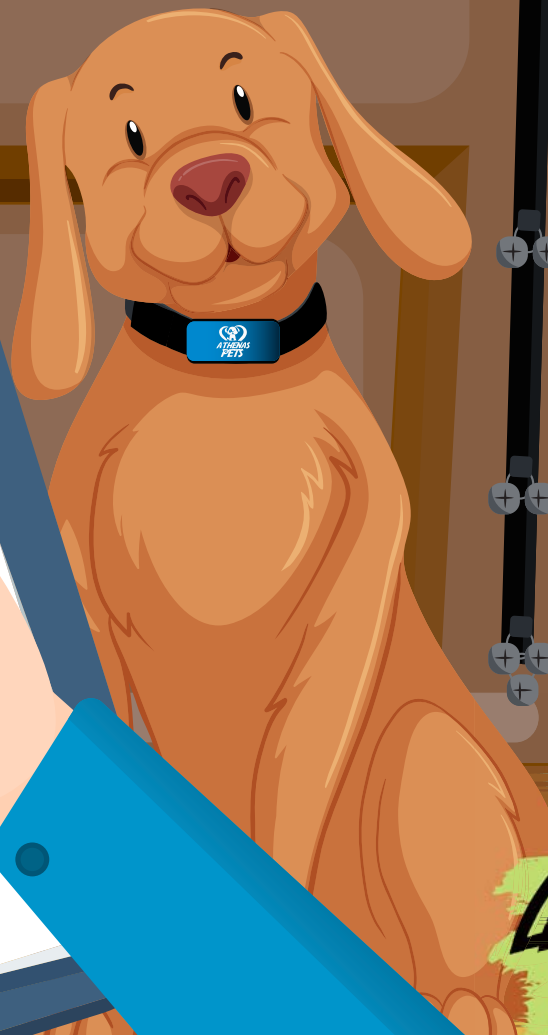


ATHENAS PETS

7-DAY POTTY BELLS

TRAINING CHALLENGE

7-DAY POTTY BELLS
TRAINING CHALLENGE



**ATHENAS
PETS**

7-Day Potty Bells Training Challenge

Day 1

My Dog Approached the Bells

How I Know I Can Check This Box:

This box can be checked when you are sure that your dog voluntarily walked towards, sniffed, or interacted with the bells while they were on the ground, in your hands, or hanging from an object in your home.



Notes:

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My Dog Touched the Bells

How I Know I Can Check This Box:

This box can be checked when your dog has physically touched the bells on their own. This can be with their nose or their paw(s). Note: only check the box if your dog touched the bells WITHOUT your help.



Notes:

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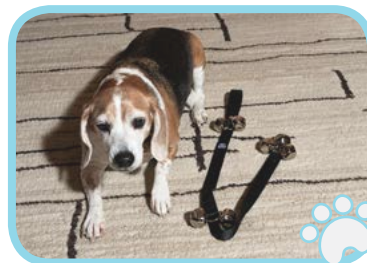
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Day 2

My Dog is No Longer Afraid of the Bells

How I Know I Can Check This Box:

This box can be checked when you notice that your dog isn't scared of the bells anymore. This includes the sight of the bells, the sound of the bells, and the smell of the bells. Your dog should be completely comfortable with the potty bells before you check this box.

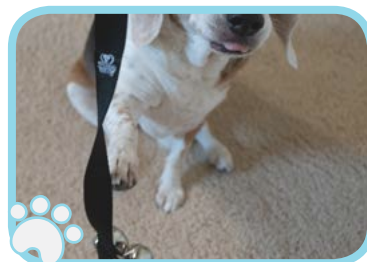


Notes:

My Dog Rang the Bells While They Were on My Arm

How I Know I Can Check This Box:

This box can be checked when your dog has rang the bells while hanging from your arm. In the training, we talk about getting your dog to ring the bells while hanging from your arm using either their nose or their paw(s). If your dog has rang the bells with either, you can check this box.



Notes:

Troubleshooting (Day 1-2)

Try rubbing or setting treat on the strap of the bells so that they are incentivized to get close to them. Introduce it along with another one of their favorite items (a toy, a treat, etc.)

Day 3

I Have Defined a Regular Potty Schedule for My Dog

How I Know I Can Check This Box:

This box can be checked when you have read through the Potty Training materials provided and you have come up with a schedule that is going to work for you AND your dog. Ideally, before checking this box, make sure you have a daily calendar that you can print out to remind yourself for the first week or so as you get into the routine.



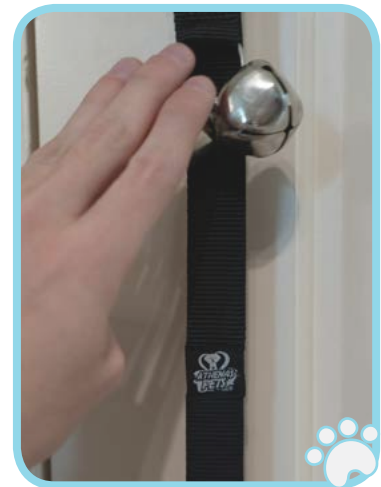
Go to athenaspets.com/dog-potty-training-schedule to access Potty Training Materials for this task.

Notes:

I Have Rang My Bell Every Time Before I Take My Dog Out

How I Know I Can Check This Box:

This box can be checked when you have completed the day and successfully rang the bells YOURSELF before taking your dog out for their scheduled and unscheduled potty times. This is to make sure that you are leading by example, showing your dog that to let you know they need to go, they have to ring the bells. Note: only check this box if you have not skipped ringing the bell on ANY potty times with your dog. If you went 1 potty time or more without ringing the bells, you need to repeat this day.



Notes:



Day 4

My Dog Has Successfully Rang the Bells on the Door Before Being Taken Out

How I Know I Can Check This Box:

This box can be checked when your dog has successfully rang the bells while they are hanging on the door. Checking this box is a big step! This means your dog is getting the hang of it!



Notes:

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My Dog Has Successfully Rang the Bells and Gone Potty When Taken Out

How I Know I Can Check This Box:

This box can be checked when your dog has successfully rang the bells while hanging on the door and then followed up by going potty when they went outside. If they rang the bells and you took them outside but they didn't go potty, you can only check the first box for today.



Notes:

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Troubleshooting (Day 3-4)

If your dog won't ring the bells, try to very obviously put a treat outside the door (make sure your dog understands exactly what is going on i.e. that you have a treat and are leaving it on the other side of the door). Now encourage again and see if they will ring the bells to get the treat. If they ring the bells, let them get the treat. If you're waiting too long, ring the bells yourself and take them outside without letting them get the treat.

If they still won't ring the bells, instead of hitting the bells yourself, gently grab one of your dog's paws and ring the bells for them. Get them into the habit of ringing the bells. Definitely be giving lots of verbal praise for doing this.

Notes:

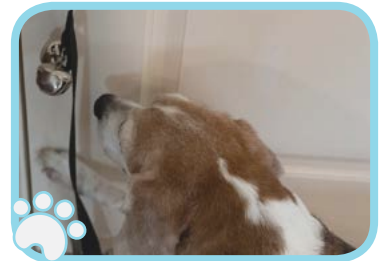


Day 5

My Dog Successfully Rang the Bells and Went Potty

How I Know I Can Check This Box:

This box can be checked when your dog has successfully rang their potty bells and then proceeded to go potty when taken out. They can still be led to the door, they just must ring the bells on their own and they must go potty when they are taken out if you want to check this challenge as complete.



Notes:

I Have Followed the Praise and Reward Directions Consistently

How I Know I Can Check This Box:

This box can be checked if you have been following the praise and reward directions consistently. Praise is given when your dog rings the bells, reward (or a treat) is given when your dog successfully goes potty outside. If your dog did not ring the bells, then there is no praise. If they go potty but didn't ring the bells, you will praise but not reward. If they go potty and they rang the bells to get outside, then you reward. This is explained in the graphic below.



Go to athenaspets.com/dog-praise-and-reward to access Praise and Rewards.

Notes:





Day 6

☐ My Dog Successfully Rang the Bells and Went Potty

How I Know I Can Check This Box:

Just like yesterday, this box can be checked when your dog has successfully rang their potty bells and then proceeded to go potty when taken out. They can still be led to the door, they just must ring the bells on their own and they must go potty when they are taken out if you want to check this challenge as complete.



Notes:

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☐ My Dog Successfully Alerted Me That They Needed to Go

How I Know I Can Check This Box:

This box can be checked if your dog rings the bells without you leading them to the door. If you were just going about your business and your dog rings the bells to alert you, then you get to check this box, and you can also pat yourself on the back! Nice work!



Notes:

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My Dog ONLY Goes Potty After Ringing the Bells

How I Know I Can Check This Box:

This box can be checked if your dog has already gone several days without ringing the bells and not going potty. In other words, if your dog is going potty every time they ring the bells, you can check this box. This may not happen right on day 7, but you should be super close at this point! Just keep up the good work!



Notes:

My Dog Successfully Alerts Me Several Times per Day

How I Know I Can Check This Box:

This box can be checked if your dog is successfully letting you know that they need to go outside several times per day by ringing their set of potty bells that are hanging from a door in your home. If you've checked both Day 7 boxes, congratulations! You did it! Don't forget to share your ups and downs in the private Facebook group!



Notes:

Troubleshooting (Day 5-7)

No matter what, just always stay positive! If you haven't been able to check off some of the boxes or seem to be stuck on a day, take a deep breath, and watch the training for that day one more time. Just keep at it consistently and remember to follow the directions for praise and reward.

If you're still struggling, drop a line in the private Facebook group! There are plenty of other dog owners in there that may have experienced obstacles just like the ones you are! There are tons of awesome, helpful people in there and my dad and I will be answering questions as we can too.

Notes:

