

8-Week-Old Puppy Daily Schedule

Time	Activity
7:00 AM	Wake up & potty
7:15 AM	Breakfast (first meal)
7:30 AM	Potty break
7:45 – 8:15 AM	Playtime / short walk (5–10 minutes)
8:30 AM	Nap (1–2 hours)
10:30 AM	Potty break & quick play
11:00 AM	Nap (1–2 hours)
1:00 PM	Potty break & supervised play
1:30 PM	Nap
4:00 PM	Potty break & exercise
4:30 PM	Dinner (second meal)
4:45 PM	Potty break
5:00 – 5:30 PM	Playtime / short training session
6:00 PM	Nap
8:00 PM	Potty break & quiet play (winding down)
9:30 PM	Last potty trip before bed
10:00 PM	Bedtime (crate or pen)