

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 AM | Short training session (3–5 min) — name recognition, sit, or recall |
| 8:00 AM | Potty break |
| 8:15 AM | Nap (1–2 hours) |
| 10:15 AM | Potty break |
| 10:45 AM | Mini training session — handling or leash exposure (2–3 min) |
| 11:00 AM | Potty break |
| 11:15 AM | Nap (1–2 hours) |
| 1:00 PM | Potty break |
| 1:15 PM | Calm training — crate time or settle practice (5 min) |
| 1:30 PM | Potty break |
| 1:45 PM | Nap |
| 3:45 PM | Potty break |
| 4:30 PM | Dinner (second meal) |
| 4:45 PM | Potty break |
| 5:00 PM | Short training or calm enrichment — gentle obedience or mat work |
| 5:30 PM | Potty break |
| 6:00 PM | Nap |
| 7:30 PM | Potty break |
| 8:00 PM | Potty break |
| 9:00 PM | Potty break |
| 9:30 PM | Last potty trip before bed |
| 10:00 PM | Bedtime (crate or pen) |

Side note:

Keep potty time just for potty — not play. When puppies learn that going outside means it's time to potty (not to play), they focus on the task instead of getting distracted. This helps them understand the purpose of the trip and makes potty training much faster and easier. ■