

### Undercover Alpha K9 Training Log Example

Session	Command(s) or Drill	Location & Time of Day	Techniques Used	Learning Phase	Training Tools Used	Reward Used (Toy/Food)	Reps	Observations
1	Engagement: Name Game	<ul style="list-style-type: none"> <li>○ Spare bedroom</li> <li>○ 05/01/24</li> <li>○ 10-10:15 AM</li> </ul>	<ul style="list-style-type: none"> <li>○ Verbal Markers: YES</li> <li>○ Body language</li> </ul>	Teaching	<ul style="list-style-type: none"> <li>○ Flat Collar</li> <li>○ 6' Leash</li> <li>○ Treat pouch</li> </ul>	<ul style="list-style-type: none"> <li>○ Kibble</li> </ul>	10	Fluffy was apprehensive to engage with me at first, but quickly learned eye contact is rewarding after 5 reps
2	Touch game	<ul style="list-style-type: none"> <li>○ Spare bedroom</li> <li>○ 05/02/2024</li> <li>○ 2-2:15pm</li> </ul>	<ul style="list-style-type: none"> <li>○ Verbal Markers: YES</li> <li>○ Body language</li> </ul>	Teaching	<ul style="list-style-type: none"> <li>○ Flat Collar</li> <li>○ 6' Leash</li> <li>Treat pouch</li> </ul>	<ul style="list-style-type: none"> <li>○ Kibble</li> <li>○ Freeze dried chicken</li> </ul>	10	Fluffy was excited to train. After we played the name game, she was engaged with me. When I offered my hand, she didn't understand
3	Sit	<ul style="list-style-type: none"> <li>○ Home (living room)</li> <li>○ 05/03/2024</li> <li>○ 10:00-10:15 AM</li> </ul>	<ul style="list-style-type: none"> <li>○ Food Luring</li> <li>○ Verbal markers</li> </ul>	Teaching	<ul style="list-style-type: none"> <li>○ Collar</li> <li>○ 6'leash</li> <li>○ Treat pouch</li> </ul>	<ul style="list-style-type: none"> <li>○ Freeze dried chicken</li> <li>○ Kibble</li> </ul>	10	Fluffy was very motivated to work. She started to understand the game by the third rep
4	Sit	<ul style="list-style-type: none"> <li>○ Living Room</li> <li>○ 05/04/2024</li> <li>○ 6:00-6:10 PM</li> </ul>	<ul style="list-style-type: none"> <li>○ Hand Luring</li> <li>○ Verbal Markers</li> </ul>	Teaching	<ul style="list-style-type: none"> <li>○ Flat Collar</li> <li>○ 6' Leash</li> <li>○ Treat p</li> </ul>	<ul style="list-style-type: none"> <li>○ Kibble</li> </ul>	15	Fluffy began to offer the sit behavior on her own after 6 reps. Once she reliably offered the behavior, I added the verbal cue
5	Sit	<ul style="list-style-type: none"> <li>○ Living Room</li> <li>○ 05/06/2024</li> <li>○ 6:00-6:10 PM</li> </ul>	<ul style="list-style-type: none"> <li>○ Hand Luring</li> <li>○ Verbal Markers</li> </ul>	Testing	<ul style="list-style-type: none"> <li>○ Flat Collar</li> <li>○ 6' Leash</li> <li>○ Treat pouch</li> </ul>	<ul style="list-style-type: none"> <li>○ Kibble</li> </ul>	20	We began today's training with touch for engagement. Fluffy then offered sit on her own! I rewarded Fluffy for every 3 sit reps she completed and ended training with lots of physical/verbal praise and the remainder of her kibble
6	Sit	<ul style="list-style-type: none"> <li>○ Park</li> <li>○ 05/07/2024</li> <li>○ 6-6:10 PM</li> </ul>	<ul style="list-style-type: none"> <li>○ Verbal command</li> <li>○ Hand command</li> <li>○ Markers: YES &amp; GOOD (for duration)</li> </ul>	Testing	<ul style="list-style-type: none"> <li>○ Flat Collar</li> <li>○ 6' Leash</li> <li>○ Treat pouch</li> </ul>	<ul style="list-style-type: none"> <li>○ Kibble</li> <li>○ Freeze dried chicken</li> </ul>	10	Tested Fluffy's ability to respond to the sit command in a park with distractions. At first, she was distracted, but I was able to get her attention with name game & touch. Once engaged, I asked for a "sit", she did not do it. For the next rep, I went back to luring and rewarding every rep. After 5 of those, she was responding to the verbal cue reliably, so I faded the food lure. Rewarded at the end of training with a long leash walk and some tug of war.

## Undercover Alpha K9 Training Log

Dog's Name: \_\_\_\_\_

**Tips:** 1. Have a goal in mind for each session 2. Always start & end training on a positive note 3. No repeating commands 4. Use verbal markers, every command given has a consequence (reward: treat/toy or punishment: withhold reward/correction) 5. Take note of patterns in your dog's behavior

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1								
2								
3								
4								
5								
6								

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Week 1: Beginning Obedience

Attention is the **key** that makes training possible. Your dog watches you and your family all the time. He is constantly learning from observation. Now we want him to learn that watching you is fun and rewarding, too!

### **INSTRUCTIONS**

#### **Building Engagement with Your Dog**

1. **Recognize Quiet Attention:** Observe your dog and reward calm focus on you. When your dog looks at you, mark with a "YES" and reward with treats, toys, or affection. Ignore pushy or rude behaviors to reinforce positive attention.
  2. **Name Recognition:** Call your dog's name when they're already engaged with you. Mark and reward them immediately when they look at you. Repeat consistently to strengthen the association.
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#### **Teaching Eye Contact**

3. **Lure and Reward Eye Contact:** Start by holding a treat near your dog's nose, then guide it to your face. Mark with "YES" when your dog makes eye contact and reward immediately. Gradually increase difficulty by moving the treat away while waiting for eye contact.
  4. **Reward After the Behavior:** Once your dog understands the task, keep rewards hidden until they perform the desired behavior. Use a variety of rewards, like food, toys, or games, to keep them motivated.
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#### **Improving Training Success**

5. **Discourage Jumping:** If your dog jumps on you, withdraw attention by turning away or leaving the area. Only reward when all four paws are on the ground to encourage appropriate behavior.
6. **Practice in Easy Environments First:** Begin training in distraction-free zones where your dog already pays attention. Gradually introduce new environments and distractions, using higher-value rewards for more challenging situations.
7. **Track Progress:** Keep a journal to note changes and improvements in your dog's behavior. Small changes may go unnoticed without careful observation.

**Troubleshooting:** No change? Make sure you aren't using your dog's name to scold or nag. Only say it once.