

# PLAY & EXERCISE PLAN FOR

(Dog's Name & Family's Last Name)

Provided by **BEST PAW FORWARD, INC.** • [www.bestpaw.com](http://www.bestpaw.com) • 407-321-1006 • [bestpaw@iag.net](mailto:bestpaw@iag.net)

I understand that it is recommended that my puppy/dog receive a minimum of 20 minutes of aerobic exercise (trotting/running/jumping/swimming) daily.

As I am responsible for my pet's quality of life, my play/exercise plan\* takes into account my puppy/dog's age, stamina, and physical maturity and is geared to keep my canine companion fit and healthy physically, mentally, and emotionally.

**SUNDAY** Aerobic Activity: \_\_\_\_\_ / \_\_\_\_\_ **Minutes**

**Social Interaction/Training:** \_\_\_\_\_

Hand Feed Toys:  Busy Buddy/Work4Food  Stuffed Kong  Sterilized Bone  Original Nylabone

**MONDAY** Aerobic Activity: \_\_\_\_\_ / \_\_\_\_\_ **Minutes**

**Social Interaction/Training:** \_\_\_\_\_

Hand Feed Toys:  Busy Buddy/Work4Food  Stuffed Kong  Sterilized Bone  Original Nylabone

**TUESDAY** Aerobic Activity: \_\_\_\_\_ / \_\_\_\_\_ **Minutes**

**Social Interaction/Training:** \_\_\_\_\_

Hand Feed Toys:  Busy Buddy/Work4Food  Stuffed Kong  Sterilized Bone  Original Nylabone

**WEDNESDAY** Aerobic Activity: \_\_\_\_\_ / \_\_\_\_\_ **Minutes**

**Social Interaction/Training:** \_\_\_\_\_

Hand Feed Toys:  Busy Buddy/Work4Food  Stuffed Kong  Sterilized Bone  Original Nylabone

**THURSDAY** Aerobic Activity: \_\_\_\_\_ / \_\_\_\_\_ **Minutes**

**Social Interaction/Training:** \_\_\_\_\_

Hand Feed Toys:  Busy Buddy/Work4Food  Stuffed Kong  Sterilized Bone  Original Nylabone

**FRIDAY** Aerobic Activity: \_\_\_\_\_ / \_\_\_\_\_ **Minutes**

**Social Interaction/Training:** \_\_\_\_\_

Hand Feed Toys:  Busy Buddy/Work4Food  Stuffed Kong  Sterilized Bone  Original Nylabone

**SATURDAY** Aerobic Activity: \_\_\_\_\_ / \_\_\_\_\_ **Minutes**

**Social Interaction/Training:** \_\_\_\_\_

Hand Feed Toys:  Busy Buddy/Work4Food  Stuffed Kong  Sterilized Bone  Original Nylabone

\*Don't forget to include your Best Paw Forward classes/playtime where applicable

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## ALTERNATE ACTIVITIES:

If it is raining or too hot/humid to safely play/exercise outside we will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I am mindful that hot weather can be a health hazard and will:

- **Limit my dog's exposure to walking on hot surfaces.** If a surface is too hot for me to keep my hand on, I recognize that it is too hot for my dog to walk on.
- **Make sure my dog has access to lots of fresh water** when we play/exercise both inside and outside.
- **Limit my dog's exposure to the sun between 10 a.m. and 4 p.m. and use sunblock on unprotected areas** like the tips of her ears, the skin around the lips, and the tip of the nose when necessary.
- **Keep my dog well groomed and allow the hair do protect** from the sun and insulate from the heat. If my dog has extremely thick hair or a lot of mats and tangles, I will consider clipping so the fur doesn't trap too much heat.
- **Watch out for antifreeze** when my dog is outdoors, and be vigilant that my dog doesn't drink from the street while we're out for a walk.
- **Be cautious on humid days**, since high humidity and close quarters interferes with my dog's ability to get rid of excess body heat through panting.
- **Make sure my dog doesn't overexert and overheat.** If my dog is panting a lot or seems exhausted, I will stop our activity and move to a cooler location immediately. If my dog is elderly, very young, ill, overweight or has a snub nose, I understand that staying cool is more difficult and I will pay particular attention to preventing heat exhaustion on steamy summer days by doing alternate activities indoors.
- **Not leave my pet outside unsupervised** particularly on long, hot days, even if I think there is plenty of shade.
- **Keep an eye out for the following signs of heatstroke and treat them as a medical emergency.**
  - Panting
  - Staring
  - Anxious expression
  - Refusal to obey commands
  - Warm, dry skin
  - High fever
  - Rapid heartbeat
  - Vomiting
  - Collapse

If I suspect my dog has heatstroke I will have someone call a veterinarian immediately. On the way to the veterinary practice I will lower my dog's body temperature by applying towels soaked in cool water to the hairless areas of the body. I understand that even if my dog responds after only a few minutes of cooling, I will still seek medical attention since often pets falter again when their temperature soars back up or falls to well below what is normal.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_