



Coach Carly Academy

Puppy Checklist

Use this checklist during your puppy's first weeks to build confidence, routine and good habits.

Before Your Puppy Arrives

- Safe sleeping area or crate
- Water and food bowls
- Suitable puppy food
- Collar, ID tag and lightweight lead
- Harness
- Enzyme cleaner
- Puppy-safe toys
- Chews and enrichment

Daily Routine

- Toilet breaks after waking, eating, drinking and play
- Short positive training sessions (2–5 minutes)
- Appropriate rest and sleep
- Fresh water available
- Gentle handling and grooming practice

Health

- Register with a vet
- Vaccination plan
- Parasite prevention
- Microchip details updated
- Insurance arranged

Socialisation

- Meet calm people of different ages
- Experience different surfaces
- Hear everyday sounds
- Travel in the car
- Visit new locations safely

Training Foundations

- Name response
- Hand touch
- Recall games
- Sit
- Down
- Loose lead foundations
- Settle on a mat

Owner Reminders

- Keep sessions fun
- Reward behaviours you like
- Avoid punishment
- Finish while your puppy is successful
- Celebrate small wins

Coach Carly Tip: Consistency, patience and positive reinforcement build confident puppies and strong lifelong relationships.