

FREE GUIDE

THE 5-STEP CALM DOG BLUEPRINT



THE SIMPLE DAILY ROUTINE
THAT HELPS STOP
**PULLING, JUMPING, BARKING,
AND IGNORING COMMANDS**

Used by professional trainers to
build focus and obedience before
advanced training even begins.



**LORENZO'S
DOG TRAINING TEAM™**

SERIOUS TRAINING. SERIOUS RESULTS.™



BECOME THE LEADER YOUR DOG WANTS TO FOLLOW

"Small daily habits create big behavioral changes."

Page of Contents

<u>Section</u>	<u>Page</u>
Before You Begin.....	2
Step 1: Exercise Before You Expect Excellence...	3
Step 2: Reward the Behaviors You Want.....	4
Step 3: Keep Commands Simple.....	5
Step 4: Consistency Beats Intensity.....	6
Step 5: End Every Session with Success.....	7
Take the Next Step.....	8
Contact Information.....	9



Before You Begin

Most dog owners try to correct unwanted behavior after it happens. Professional trainers take a different approach—they focus on preventing unwanted behaviors before they begin.

This simple five-step routine takes approximately 15 minutes each day and helps create the foundation for better listening, calmer behavior, and a stronger relationship with your dog.

Whether you are raising a puppy or working with an older dog, consistency with these principles can make a lasting difference.



Step 1: Exercise Before You Expect Excellence

A dog with excess physical or mental energy will have a much harder time focusing during training.

Before asking your dog to sit, stay, or walk politely, help them release some energy through activities such as:

- A brisk 10–20 minute walk
- A game of fetch
- A flirt pole session
- Recall games

A calm, fulfilled dog is much more prepared to learn than one who is overstimulated.

Training Tip

Exercise is not a reward—it is reparation. Meeting your dog's physical needs first creates the right mindset for successful learning.

Step 2: Reward the Behaviors You Want

Dogs naturally repeat behaviors that produce positive outcomes.

Instead of waiting to correct unwanted behavior, actively reward the behaviors you would like to see more often.

Examples include:

- Making eye contact
- Remaining calm around distractions
- Sitting politely
- Checking in with you during walks

The more your dog is rewarded for making good choices, the less correction will be necessary over time.

Step 3: Keep Commands Simple

Give each command one time, then allow your dog an opportunity to respond.

Instead of repeating:

Sit...

Sit...

Sit...

Simply say:

Sit.

Then wait.



Repeating commands trains dogs that the first command does not matter. Clear, consistent communication helps build reliable obedience.

Step 4: Consistency Beats Intensity

Successful training is not about marathon sessions.

It is about practicing consistently.



A simple daily schedule can be more effective than a long session once a week.

Suggested Daily Routine:

<u>Time</u>	<u>Duration</u>
Morning	5 minutes
Afternoon	5 minutes
Evening	5 minutes

Small successes repeated every day create lasting habits.

Step 5: End Every Session with Success

Avoid ending training immediately after a mistake.

Instead, finish with a command your dog already knows well, such as:

- Sit
- Down
- Touch
- Place



Celebrate your dog's success before ending the session.

Dogs remember how training sessions end. Finishing on a positive note helps build confidence and enthusiasm for future learning.

Ready to Take the Next Step?

If your dog struggles with any of the following:

- Pulling on the leash
- Jumping on people
- Excessive barking
- Poor recall
- Reactivity
- Separation anxiety
- Aggression



Professional guidance can significantly shorten the learning process and help you achieve better results.

Schedule Your **FREE** Training Evaluation!

Our trainers will evaluate your dog's behavior, discuss your goals, and recommend a personalized training plan designed to help you and your dog succeed.

Contact Us

Phone: (866) 436-4959

Email: production@lorenzodogtrainingteam.com

Website: Lorenzodogtrainingteam.com

Every Great Dog Starts with the Right Foundation.
We look forward to helping you build a calmer,
more confident, and better-behaved companion.

