

DISCLAIMER: Always consult with a qualified veterinarian before engaging in a new activity that your dog is not accustomed to. Start slow and be careful to never overwhelm your dog. Always have a way of adequately controlling your dog.

EXERCISE AND ACTIVITY IDEAS

DOG'S NAME: _____

★	Activity	Exercise	Mental Stimulation	Indoor or Outdoor	What's Needed
	Agility Course	High	High	Either	Dog obstacles
	Swimming	High	Moderate	Outdoor	Dog life jacket
	Dog Park Trip	High	Moderate	Outdoor	None
	Flirt Pole	High	Moderate	Either	Flirt pole
	Sprinkler Play	High	Moderate	Outdoor	None
	Chase Bubbles	High	Moderate	Either	Dog-safe bubbles
	Chase Snow Balls	High	Moderate	Outdoor	None
	Play in the Leaves	High	Low	Outdoor	None
	Run or Jog	High	Low	Outdoor	None
	Fetch	High	Low	Either	Ball or dog toy
	Frisbee	High	Low	Either	Frisbee
	Biking or Skating	High	Low	Outdoor	Bike or skates
	Hide and Seek	Moderate	High	Either	Dog treats/reward
	Puzzle Toy	Moderate	High	Either	Puzzle toy
	Tug of War	Moderate	Moderate	Either	Rope or dog toy
	Hiking	Moderate	Moderate	Outdoor	Backpack (optional)
	Walking	Moderate	Low	Outdoor	None

