

30-Day Dog Enrichment Calendar

Enrichment gives your dog chances to sniff, forage, chew, solve and learn. **A few minutes a day adds up, and using part of your dog’s regular food keeps the fun from adding calories.** Tick each day off and note the favorites.

FILLABLE PDF – TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

DOG’S NAME

START DATE

FAVORITE SO FAR

THE 30 DAYS

- ☐ 1 Scatter breakfast on the grass

☐ 2 Snuffle-mat meal

☐ 3 Lick mat (xylitol-free spread)

☐ 4 Find it: 5 kibbles in one room

☐ 5 Five-minute trick session
- ☐ 6 Sniff walk, your dog’s route

☐ 7 Muffin-tin puzzle

☐ 8 Kibble rolled up in a towel

☐ 9 Frozen stuffed food toy

☐ 10 Rest day: a favorite safe chew
- ☐ 11 Find it across two rooms

☐ 12 Teach the name of one toy

☐ 13 Hide-and-seek with you

☐ 14 Treat-dispensing ball

☐ 15 Sniff walk somewhere new
- ☐ 16 Puzzle-feeder dinner

☐ 17 Scent game: one box out of three

☐ 18 Old trick, new room

☐ 19 Scatter feed indoors

☐ 20 Frozen lick mat
- ☐ 21 Find it in the yard

☐ 22 Muffin-tin puzzle, harder

☐ 23 Two-person recall game

☐ 24 Paper-bag kibble hunt (supervised)

☐ 25 Five-minute new trick
- ☐ 26 Snuffle-mat dinner

☐ 27 Sniff walk, slow and long

☐ 28 Towel roll-up, two layers

☐ 29 Hide-and-seek, harder spots

☐ 30 Your dog’s favorite, again

KEEP IT SAFE

Food
Use part of the daily food; keep all treats under 10% of daily calories.

Chews
Hard plastic and bones can break teeth; throw away any toy that breaks.

Spreads
Check peanut butter labels: xylitol is poisonous to dogs.

Supervise
Some dogs guard food toys; give them space or feed them apart.

WHAT YOUR DOG LOVED

DAY	ACTIVITY	RATING (1-5)	NOTES

Why sniffing matters: in a 2019 study, dogs given two weeks of nosework became more “optimistic” in a judgment test than dogs given heelwork training (Duranton & Horowitz).

THE FULL VERSION: DOG ENRICHMENT ACTIVITY PACK · ON ETSY: NEWDOGCO.ETSY.COM

Sources: VCA Animal Hospitals (enriching with food; enrichment and activity toys); Merck Veterinary Manual (feeding practices); Duranton & Horowitz 2019 (nosework), summarized by Purdue Canine Welfare Science.