

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

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|--|---|--|---|---|
| ☐ 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.