

Loose-Leash Walking Practice Log

Pulling works for dogs because it gets them where they want to go. The fix is simple and takes patience: **a tight leash stops the walk; a loose leash earns treats and forward motion.** Most dogs need several months of regular practice, so log short sessions and celebrate the trend.

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

DOG'S NAME

GEAR (HARNESS / COLLAR)

START DATE

THE METHOD

- 1 Leash tightens? Stand still.** No pulling back, no scolding.
- 2 First bit of slack:** say “Yes!”, give 1–2 treats at your leg, take 1–2 steps.
- 3 Early on,** reward at nose level every 2–3 seconds as you walk a few steps.
- 4 Use what your dog wants:** a sniff break can be the reward for 10 calm feet.
- 5 Start somewhere boring** (indoors, a quiet yard); add distractions slowly.
- 6 Short sessions,** a few minutes, a few times a day; exercise or play first.

GEAR

Use

A 6–10 ft leash; a well-fitted front-clip harness or a head halter introduced gradually with a backup leash.

Avoid

Prong, choke and shock collars (they work through pain and AVSAB advises against them) and retractable leashes.

PRACTICE LOG

DATE	WHERE	MINUTES	LOOSE-LEASH 0–5	DISTRACTIONS	NOTES

Ask for help if your dog lunges, barks or chases on walks (ask your vet for a behavior referral), coughs or gags from collar pressure (switch to a harness), or seems sore at the shoulders in a no-pull harness (check the fit).

THE FULL VERSION: [DOG LOOSE-LEASH WALKING PROGRAM](#) · ON ETSY: [NEWDOGCO.ETSY.COM](#)

Sources: American Veterinary Society of Animal Behavior (position statements; reward-based training); VCA Animal Hospitals (controlling pulling; collar and harness options); American Kennel Club.