

New Puppy First-Week Checklist

The first seven days, made calm: what to buy before pickup, a gentle day-by-day plan, and the potty rhythm that prevents most accidents. Tick as you go.

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

PUPPY'S NAME	HOMECOMING DATE	VET APPOINTMENT

BEFORE THE FIRST NIGHT

- | | |
|--|--|
| ☐ Crate + soft bedding
den-sized, not too big | ☐ Food & water bowls
plus the food the breeder/shelter used |
| ☐ Collar, ID tag & leash
tag with your phone number | ☐ Puppy-proof one room
cords, cleaners, small objects up high |
| ☐ Enzymatic cleaner
for the accidents that will happen | ☐ Chews & a couple of safe toys
redirect the biting |

DAY BY DAY

- ☐ **Day 1 — arrive calm**
quiet homecoming, one room, no crowd of visitors
- ☐ **Day 1 — potty spot**
carry out on waking, after meals, after play
- ☐ **Day 2 — crate as a good place**
meals & chews inside, door open at first
- ☐ **Day 2–3 — book the vet**
first check-up + start the vaccine schedule
- ☐ **Day 3–4 — name & handling**
short happy name games; touch paws, ears, mouth
- ☐ **Day 4–5 — alone-time practice**
seconds, then minutes, so alone isn't scary
- ☐ **Day 5–7 — a routine forms**
same meal, potty, nap and play times

POTTY RHYTHM (FIRST WEEK)

- | | | |
|---|---|---|
| ☐ On waking | ☐ After every meal | ☐ After play or excitement |
| ☐ Before the crate | ☐ Before bed | ☐ Overnight, once or twice |

QUESTIONS FOR THE VET
