

It is very useful to print this page and stick it next to the dog food!

Use the space below to write down three or more commitments you will make about feeding your dog. What? When? How will you be accurate? Puzzle feeders?

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Use the space below to write down three or more commitments you will make about exercising your dog. More time? More intensity?

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Use the space below to write down three or more commitments you will make about dealing with your dog 'asking' for food. Satiety diet? Fuss not food? Trickle feeding?

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What barriers can you identify that might stop you successfully following your plan? How can you address each of them? Write your barriers and solutions below.

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