

We appreciate that making sure that your dog gets enough exercise can be difficult.

For example, it can be difficult to know how much exercise your dog needs and to find the time to take them for a walk. Therefore, we would like you to make a plan specifying how you will deal with these situations.

The left side of the table below provides a list of common situations that can lead to dogs not getting enough exercise. The right side of the table provides a list of possible solutions or strategies that you might employ in these situations. It may be helpful to pick some of the situations that most affect you and your dog first, then pick solutions you feel will be useful to mitigate the risk of your dog putting on weight from the right column.

1. Situations

Please pick up 3 situations

- ☐ I attempted not to walk my dog because it is dark outside ...
- ☐ If I am tempted not to walk my dog when the weather is bad...
- ☐ If I don't know how much exercise my dog should get...
- ☐ If I am tempted not to walk my dog because there aren't any good places in my area...
- ☐ If I am tempted not to walk my dog because he/she does not seem to want to go for a walk...
- ☐ If I am tempted not to walk my dog because I think that he/she gets enough exercise by playing in the garden...
- ☐ If I am tempted not to walk my dog because I am worried that my dog is not good around other people or dogs...
- ☐ If I am tempted not to walk my dog because I am worried other dogs or people might react negatively to him/her...
- ☐ If I am tempted not to walk my dog because I am worried that he/she will run off and not come back when I call him/her...
- ☐ If I am not physically able to walk my dog...

2. Solutions

Please pick up 3 situations

- ☐ ...then I will wear a head torch to light the road!
- ☐ ...then I will play games with my dog indoors!
- ☐ ...then I will ask my vet how much exercise my dog needs!
- ☐ ...then I will look on the Internet to find out how much exercise my dog needs!
- ☐ ...then I will remind myself that walking and playing with my dog strengthens our bond!
- ☐then I will remind myself that walking and playing with my dog is a way of expressing my love and affection for them!
- ☐ ...then I will remind myself that it is my responsibility as a caregiver to provide enough exercise for my dog!
- ☐ ...then I will try to walk my dog for an extra 10 minutes a day!
- ☐ ...then I will ensure that my dog is always on the lead!
- ☐ ...then I will hire a professional dog walker to walk my dog!

1. Situations

- ☐ If I am tempted not to walk my dog because it is difficult to find somewhere where I can walk her or let her off the lead...
- ☐ If I am tempted not to exercise my dog because I am afraid that he will damage his joints or health if he does more exercise...
- ☐ If I am tempted not to play with my dog indoors because I am afraid that he will damage my furniture...
- ☐ If I am tempted not to play with my dog because I am afraid that she will make a mess I play with her in the garden.
- ☐ If I am tempted to put off walking my dog until tomorrow...
- ☐ If I am tempted not to walk my dog because I feel too tired to take her out...
- ☐ If I am tempted not to walk my dog because I get back late and do not feel like taking him out...
- ☐ If I am tempted not to walk my dog because I am too busy...

2. Solutions

- ☐ ...then I will take her for a walk when there are few other people and dogs around!
- ☐ ...then I will take him to agility or obedience training or look for dog's swimming classes!
- ☐ ...then I will ask someone else in my family to walk and play with my dog!
- ☐ ...then I will organise weekend trips where my dog can go for long walks and run around freely!
- ☐ ...then I will increase the amount of exercise that my dog gets in small steps!
- ☐ ...then I will think about the financial consequences of my dog becoming overweight!
- ☐ ...then I will remember that exercise makes my dog happy!
- ☐ ...then I will remind myself that walking the dog is a good way for me to exercise too!
- ☐ ...then I will remind myself that walking the dog is a good possibility for socialising and meeting new people!
- ☐ ...then I will take my dog for a short walk!
- ☐ ...then I will take my dog for a walk as soon as I get back from work!
- ☐ ...then I will remind myself that by not exercising my dog I am putting her health at risk!