

L I V E L I K E A D O G

The FETCH Method

Five daily moves for the body that carries you.

Five letters. · Five daily moves. · Every single day.

F

FUEL

Eat for energy.

Build your day around real food. Lead with protein, add color, choose healthy fats. Food fuels the life — not a reward you earn or a punishment you pay. Your dog eats to run, not to fix a feeling.

Protein · Plants · Smart carbs · Healthy fats

E

EXPLORE

Move every day.

Take the walk — twenty to forty minutes, outside, most days, phone down. Then stretch it: a weekly adventure, a new sport or trail once a month. Your dog never asks whether he feels like the walk. He just goes.

Daily walk · Outdoor adventure · Try something new

T

TRAIN

Build strength that lasts.

Train a few days a week — weights or just your bodyweight, however you like to do it. Strength isn't vanity; it's the body that carries you into every year ahead. Build it now, while it's cheap to build. Dogs build strength through repetition and play.

Show up · Weights or body · Keep it simple

C

CALM

Recover in stillness.

Sleep seven to nine, phone off or silent. Breathe a few quiet minutes, any way that settles you. Take one full day off a week. Your dog naps without earning it and recovers in the stillness, not the grind. Rest is part of the plan, not a failure of it. The dog resets by dropping fully into rest — no guilt, no negotiation.

Sleep · Breath · One day off

H

HYDRATE

Drink like it matters.

Half your bodyweight in ounces is a fine place to start — then adjust. Drink on waking, with meals, around your workouts and walks. The simplest lever you own, and the one most often skipped. Carry the bottle. Dogs drink instinctively — never waiting to earn hydration.

Target · Timing · Quality