
AKC FIT DOG Titles Participant Guide



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AKC FIT DOG TITLES

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PART I: General Information

Welcome to AKC FIT DOG titles!

The American Kennel Club is committed to improving and maintaining the fitness and health of all dogs and their owners.

AKC FIT DOG titles were designed to provide a structured, individualized fitness plan that you and your dog can do together.

There are 3 levels of AKC fitness titles—Bronze, Silver, and Gold.

There are 6 categories that are in each level. Details for each category appear in Part II.

- A. AKC FIT DOG Course
- B. Runs (community runs such as a Turkey Trot, Spring Scurry, etc.)
- C. Walks and hikes (Independent or Group)
- D. Unique to You and Your Dog (e.g., swimming, Parkour)
- E. AKC title that is fitness related (e.g., FAST CAT, agility)
- F. AKC Parent Club Performance Titles (e.g., pack dog, sledding)

For each of the 3 levels of titles, a minimum number of points must be earned in at least 2 categories for the title to be awarded.

- Bronze – 5 points
- Silver – 10 points
- Gold – 20 points

AKC FIT DOG titles are noncompetitive, and dog owners may choose different activities to earn titles.

YOU MUST EARN EACH OF THE LEVELS. FOR EXAMPLE, TO EARN GOLD, YOU MUST EARN BRONZE AND SILVER. YOU CAN NOT SKIP BRONZE AND SILVER AND GO STRAIGHT TO GOLD.

Why earn AKC FIT DOG titles?

AKC FIT DOG titles can improve the health and fitness of both dogs and their handlers.

Some of the benefits of exercise include improvements in:

- cardiovascular endurance
- muscular endurance, strength, and power
- flexibility
- balance
- body composition

Safety First!

When starting an exercise plan for you and your dog, safety should always come first. Before starting any exercise, make sure that you have your doctor's approval, and that your dog has a veterinarian's approval.

There are options for earning the AKC FIT DOG titles that range from slow, gentle walking, or advanced supervised fitness exercises in a class.

Keeping safety in mind, there are some "special consideration" dogs. These dogs may be:

- Puppies (must be at least 6 months old to earn a title)
- Senior dogs
- Dogs with short legs (e.g., Dachshunds)
- Brachycephalic (flat face such as Bulldog, Pug, Pekingese)
- Toy breeds
- Any dog with physical or health issues with veterinarian approval to walk

Age of dogs

Dogs must be at least 6 months old to earn the Bronze AKC FIT DOG title, the first title in the series of Bronze, Silver, and Gold. The titles must be earned in order.

The handler must abide by any age-related rules for specific activities. For example, in UpDog Disc Dog, the dog must be at least 16 months old to earn the Freestyle title.

Bitches in season

As a courtesy, bitches in season should not be taken to group activities such as fitness classes or activities where other dogs are present. Examples include community runs and hikes. If it is possible, bitches in season may run or walk after the group.

Collars, harnesses, leashes

At AKC FIT DOG activities, dogs may wear slip collars, buckle collars, Martingales, and body harnesses. They may not wear prong collars or e-collars. Muzzles may be worn only in events that permit muzzles. Head collars may be worn unless they are prohibited by a specific activity for safety reasons (e.g., when a dog is running the agility course, the only collars allowed are flat buckle or rolled leather collars). Leashes should be 4 ft. to 6 ft. long and should be made of fabric or leather.

Disabilities

Handlers: Accommodations should be made for handlers with disabilities.

Examples include allowing the handler to use a wheelchair where appropriate, having an assistant for balance, or someone to serve as a guide for a person who is blind.

Dogs: Dogs with disabilities may earn AKC FIT DOG titles as long as they can perform the skills.

Eligibility

Clubs: AKC licensed and member clubs, AKC FIT DOG Clubs, and AKC CGC Evaluators are eligible to hold AKC FIT DOG events such as runs, or group walks/hikes. The title applicant may also participate in a community event (e.g., Shamrock Scurry) as long as it is documented.

Dogs: Dogs who are at least 6 months old are eligible to earn the Bronze AKC FIT DOG TITLE. Dogs must be registered or enrolled with AKC and have an AKC, PAL, or AKC Canine Partners number when the Title Application is submitted.

Fees (charging for activities)

The amount of the fee charged for holding an activity (such as a community race) is determined by the instructor, evaluator, club, or organization. There is a fee paid to AKC for the processing of the AKC FIT DOG title.

Handlers

The handler for an AKC FIT DOG activity may be the dog owner or the dog owner's designee.

Harnesses (see Collars)

Leashes (see Collars, leashes)

Liability

AKC FIT DOG activities are done at the dog owner/handler's own risk. At any time that a dog or handler is not feeling well or appears to be injured, the activity should stop immediately.

See "Safety" above for recommendations regarding safety.

Locations

For categories A (AKC FIT DOG course), B (Runs), D (Unique to You and Your Dog), E (AKC Fitness-Related titles), and F (AKC Parent Club Performance titles), the instructor, evaluator, club, or organization will determine the location of the activity. The dog owner/handler may determine the location of category C (Walks and Hikes that are independent). In category C, for Group Walks, the planners (such as an AKC FIT DOG Club) will determine the location.

Paperwork – How to Submit Your Titles

Owner: Once the dog has earned the required number of points to earn a title, the dog owner should send to AKC 1) a copy of the AKC FIT DOG Title Application with the fee for the title, 2) the checklist for each of the 6 categories showing the points earned and 3) all of the necessary documentation described in Part II.

The paperwork may be mailed to the address or email address at the top of the title application, or preferably, it may be submitted online to the Title Application Portal (TAP). TAP allows you to submit the paperwork and fee as well as track the progress of the title.

<https://www.apps.akc.org/title-application-portal/>

The forms to submit your title (Title Application, Checklists, etc.) are at:

<https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>

Registration/ sign-ups

For group activities such as community runs or AKC FIT DOG courses, the way in which registrations are handled will be determined by the evaluator, instructor, club, or agency. They may also decide whether to accept preregistrations and sign-ups at the event.

Sign-ups at test (see Registration)

Special Consideration dogs (Puppies, senior dogs, brachycephalic, etc.)

See Safety above.

Submitting results (see Paperwork above)

Titles (requirements for)

See above, “Welcome to AKC FIT DOG titles.” Also see Part II.

Treadmills

Treadmills do not count as an AKC FIT DOG activity.

Walking more than 1 dog

The handler may walk one or two dogs if the handler’s two dogs are typically walked at the same time. For documentation, the same screenshot may be used for both dogs, or a Walk/Run Documentation form may be submitted for each dog. Local leash laws should be followed.

Walking – time off for bad weather, illness, etc.

When there is a necessary break in your days of walking, simply pick up where you left off and count the total days (to total 8 weeks).

PART II. The Titles

In AKC FIT DOG, there are three titles, Bronze, Silver, and Gold. To earn the titles, participants choose from a menu of 6 categories that are:

- A. AKC FIT DOG Course
- B. Runs (community runs such as a Turkey Trot, Spring Scurry, etc.)
- C. Walks and hikes (Independent or Group)
- D. Unique to You and Your Dog (e.g., swimming, Parkour)
- E. AKC title that is fitness related (e.g., FAST CAT, agility)
- F. AKC Parent Club Performance Titles (e.g., pack dog, sledding)

The categories are the same across the three titles. For each of the 3 levels of titles, a minimum number of points must be earned in at least 2 categories for the title to be awarded.

- Bronze (FITB) – 5 points
- Silver (FITS) – 10 points
- Gold (FITG) – 20 points

Each activity must be documented. The documentation (such as an exported screenshot from a walking/fitness app) must be submitted with the Title Application and Checklist of Activities.

**To apply for a FIT DOG title, send these 3 items to AKC.
See pages 8-9 for more details:**

1. Title Application

2. AKC FIT DOG Checklist

3. Documentation of items on the Checklist—this may be more than 1 page. Details follow.

WHAT YOU NEED TO SEND TO AKC TO APPLY FOR THE TITLE

Here is an example of what you will send to AKC for the title. In this example, the dog owner is applying for the Bronze Title. The forms are at: <https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>

1. The Title Application

TITLE APPLICATION FORM (This is only the top part of the form)



AKC FIT DOG TITLE APPLICATION



American Kennel Club
Attn: AKC FIT DOG
8051 Arco Corp Dr/ Ste 100
Raleigh, NC 27617
Tel: 919-816-3819 / Fax: 919-816-3905
Email: FIT DOG@akc.org

To apply for your title, pay online, and track your application progress online, use our Title Application Portal:

<https://www.apps.akc.org/title-application-portal/>

1. Must have either 1) an AKC, 2) Purebred Alternative Listing (PAL) or 3) AKC Canine Partners (CP) number. Both purebred and mixed breed dogs can get a number. The number is used by AKC to attach titles to a dog's record.

2. The AKC FIT DOG Checklist (for Bronze, Silver, or Gold)



AKC FIT DOG BRONZE (Novice) TITLE CHECKLIST

Dog owner name _____ Date Submitted _____

Dog Name _____ Dog Number _____

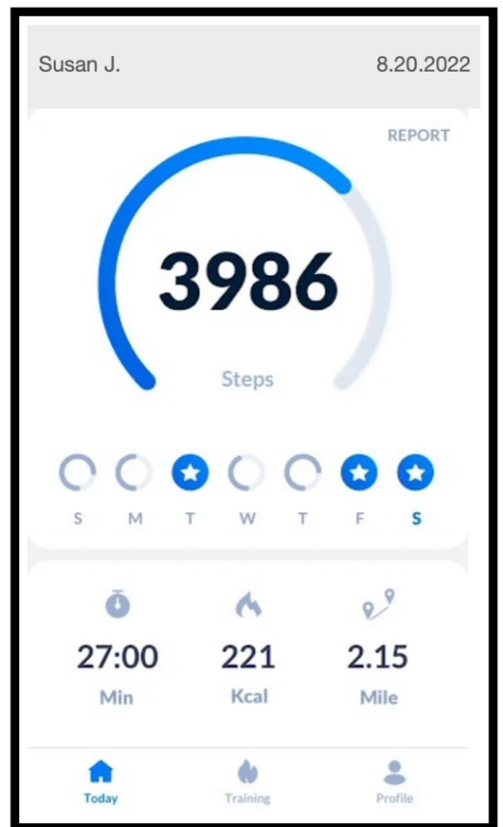
Directions: Must have a total of at least 5 points from at least 2 categories below.
See the AKC FIT DOG Participant Guide for details regarding the required documentation for each category.


Category	Points
<input type="checkbox"/> A. AKC FIT DOG Course (taught by an AKC Approved FIT DOG Instructor) (6 weeks of classes)	3
<input type="checkbox"/> B. RUNS - complete at least 1 organized community run. Document with wearable, smart phone, etc. Distance = at least 1 mile (e.g. Turkey Trot)	3
<input type="checkbox"/> C. WALKS AND HIKES (you may choose either an independent or group walk) 1. INDEPENDENT WALKS/HIKES (on your own) Walk 75 minutes per week for 8 weeks with dog (document)	3

Con't.

3. Documentation of the Categories on the checklist that were completed.

See the Checklist on page 10. As an example, this dog owner completed a 6-week AKC FIT DOG Course (category A), and a Community Run (category B). For documentation, the dog owner will submit the certificate for the AKC FIT DOG course, and a screenshot that documents the run. For category C (walks/hikes) screenshots summarizing the data by month or week for walks may be used. The dog owner may also choose to use the Walk/Run Documentation Form instead of the screenshot.



 **AKC FIT DOG: Walk/Run Documentation Form**
May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
 SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
 GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.



Bronze Title for AKC FIT DOG

For the Bronze title, 5 points must be earned.



AKC FIT DOG BRONZE (Novice) TITLE CHECKLIST

Dog owner name _____ Date Submitted _____

Dog Name _____ Dog Number _____

**Directions: Must have a total of at least 5 points from at least 2 categories below.
See the AKC FIT DOG Participant Guide for details regarding the required documentation for each category.**

Category	Points
<input type="checkbox"/> A. AKC FIT DOG Course (taught by an AKC Approved FIT DOG Instructor) (6 weeks of classes)	3
<input type="checkbox"/> B. RUNS - complete at least 1 organized community run. Document with wearable, smart phone, etc. Distance = at least 1 mile (e.g. Turkey Trot)	3
<input type="checkbox"/> C. WALKS AND HIKES (you may choose either an independent or group walk) 1. INDEPENDENT WALKS/HIKES (on your own) Walk 75 minutes per week for 8 weeks with dog (document) _____ 2. GROUP WALKS/HIKES Complete 1 or more group walks (e.g., AKC FIT DOG Club walk) (at least 1 mile per walk)	3
<input type="checkbox"/> D. UNIQUE TO YOU AND YOUR DOG <input type="checkbox"/> Swimming <input type="checkbox"/> Parkour - (IDPKA or ADP) <input type="checkbox"/> Other _____	2
<input type="checkbox"/> E. AKC TITLE - FITNESS RELATED May only count 1 title - includes virtual titles <input type="checkbox"/> AKC Agility/ACT <input type="checkbox"/> NADD Dock diving <input type="checkbox"/> UpDog Disc Dog <input type="checkbox"/> AKC FAST CAT <input type="checkbox"/> AKC CAT <input type="checkbox"/> AKC Lure coursing <input type="checkbox"/> AKC Herding <input type="checkbox"/> NAFA Flyball <input type="checkbox"/> AKC Field Trial or Hunting Test <input type="checkbox"/> AKC Rally/Obedience <input type="checkbox"/> AKC Tracking	2
<input type="checkbox"/> F. AKC Parent Club Performance Titles May only count 1 title <input type="checkbox"/> Pack Dog <input type="checkbox"/> Sledding <input type="checkbox"/> Coaching <input type="checkbox"/> Carting <input type="checkbox"/> Draft Dog <input type="checkbox"/> Other _____	2
For details, see the Participant Guide: https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/	TOTAL
	<input style="width: 50px; height: 30px;" type="text"/>

REQUIREMENTS - BRONZE



A. AKC FIT DOG COURSE – 3 points

The dog owner must complete at least Level 1 of the AKC FIT DOG course. The course offers 6 fitness lessons.

The course is taught by an Approved AKC FIT Instructor who has taken the training and passed the tests through AKC Canine College. There are 3 levels of AKC FIT DOG courses; they are Levels 1, 2, and 3. An AKC FIT DOG Instructor receives the certificates to give to students when he or she graduates from the course.

IF AN INSTRUCTOR'S DOG IS USED AS A DEMO DOG THROUGHOUT THE COURSE, THE INSTRUCTOR MAY COUNT THE COURSE FOR THIS DOG'S TITLE.

DOCUMENTATION OPTIONS

- To document the completion of the course, the dog owner will send AKC a copy of the certificate issued by the Approved AKC FIT DOG Instructor.
- There are certificates for Levels 1, 2, and 3 of the AKC FIT DOG courses.

You may only submit a course (Level 1, 2, or 3) one time (Bronze, Silver, or Gold).

For example, if you submitted the Level 1 course for Bronze, you may not submit it again for Silver.





B. RUNS – 3 points

The handler and dog complete at least 1 organized run in the community. An example is a 1-mile walk/run put on by a Parks & Recreation department. Walk/fun runs often have names such as Spring Scurry, Jingle Bell Run, etc.

The minimum distance is 1 mile. Remember to keep your dog safe, and if necessary, take breaks during the walk/run.

YOU MAY ALSO COUNT VIRTUAL RACES (e.g., virtualrunevents.com). These must be documented with a screenshot or the Walk/Run Documentation Form. Fill out only the day(s) you completed the race.

DOCUMENTATION OPTIONS

The data from the options below will be exported (or photos of screen) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- Documentation Form (downloadable) signed by a CGC Evaluator or a race official who was present, or the Walk/Run Documentation Form.
- **A photo of a race medal is not sufficient documentation.**



AKC FIT DOG

DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____
Owner/handler name

and _____
Dog AKC number _____ Dog name

completed the following AKC FIT DOG activities on _____
Date

I (the CGC Evaluator, race official, etc.) witnessed the activities below:

RUNS (Community run/walks such as a Turkey Trot, Spring Scurry. Category B on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

GROUP WALK/HIKE (such as with AKC FIT DOG Club. Category C on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

For Category C, you may also use the Walk/Run Documentation Form to record your group walks.

UNIQUE TO YOU AND YOUR DOG (Category D on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Activity (e.g., therapeutic canine swimming) _____

Video Link (YouTube) for independent swimming _____

Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer _____

Title (CGC Evaluator, Race official, etc.) _____

AKC CGC Evaluator number (if applicable) _____

Signature of Evaluator of Organizer _____



AKC FIT DOG: Walk/Run Documentation Form
 May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
 SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
 GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.

C. WALKS AND HIKES – 3 points

In Category C, you may choose either Independent Walks/Hikes **or** Group Walks/Hikes.



C-1. Independent Walks/Hikes. These are walks/hikes you do on your own.

- For the Bronze title, you and your dog must walk at least 75 minutes per week for at least 8 weeks (2 months). **You may not, for example, double the time and finish in 4 weeks.**
- **If you don't walk for Bronze, you must complete the Bronze walking if you decide to walk for Silver. (8 weeks + 8weeks).**

DOCUMENTATION OPTIONS

The data from the options below will be exported (or photos of screen) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- If you do not have access to a device or app that allows you to total data by weeks or months, you may use the Walk/Run Documentation Form below (downloadable on the AKC FIT DOG page at: <https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>)



AKC FIT DOG: Walk/Run Documentation Form
May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
 SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
 GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.



C-2. Group Walks/Hikes. These are walks/hikes you do with a group, such as with an AKC FIT DOG Club.

- For the Bronze title, you and your dog must complete **at least 1 or more group walks** with an organized group such as an AKC FIT DOG Club. The walk/hike should be at least 1 mile. May take rests.
- Special needs dogs such as seniors, dogs with short legs (e.g., Dachshunds), Brachycephalic dogs (flat face such as Bulldog, Pug, Pekingese), Toy breeds, and any dog with physical or health issues with veterinarian approval to walk may walk **30 minutes with breaks rather than 1 mile.**

DOCUMENTATION OPTIONS

The data from the options below will be exported (or photos of screen) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- Documentation Form (downloadable) signed by a CGC Evaluator or a race official who was present. You may also choose to use the Walk/Run Documentation Form as an option.



AKC FIT DOG

DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____
Owner/handler name

and _____
Dog AKC number Dog name

completed the following AKC FIT DOG activities on _____
Date

I (the CGC Evaluator, race official, etc.) witnessed the activities below:

RUNS (Community run/walks such as a Turkey Trot, Spring Scurry. Category B on the Checklist).
Location _____ Distance _____ or Time (hours/minutes) _____
Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

GROUP WALK/HIKE (such as with AKC FIT DOG Club. Category C on the Checklist).
Location _____ Distance _____ or Time (hours/minutes) _____
Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____
For Category C, you may also use the Walk/Run Documentation Form to record your group walks.

UNIQUE TO YOU AND YOUR DOG (Category D on the Checklist).
Location _____ Distance _____ or Time (hours/minutes) _____
Name of Activity (e.g., therapeutic canine swimming) _____
Video Link (YouTube) for independent swimming _____

Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer _____

Title (CGC Evaluator, Race official, etc.) _____

AKC CGC Evaluator number (if applicable) _____

Signature of Evaluator of Organizer _____



AKC FIT DOG: Walk/Run Documentation Form
May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.



Parkour.

AKC will grandfather Parkour titles from the **International Dog Parkour Association (IDPKA)** or from **All Dogs Parkour (ADP)**.

Any IDPKA or ADP Training Level title may be grandfathered for Category D. (Unique to You and Your Dog).

DOCUMENTATION OPTIONS

- A copy of an IDPKA or ADP certificate is required and must be sent to AKC with the Title Application and Checklist.

Mushing.

Complete an International Sled Dog Racing Association (ISDRA) sanctioned race or an International Federation of Sleddog Sports (IFSS) accredited race.

Mushing types for ISDRA:

Snow:

- Skijor
- Sled
- Fat tire bike

Dryland

- Rig (cart)
- Scooter
- Bikejor
- Canicross

Other.

You may contact AKC at FITDOG@akc.org to request approval for other activities in this category. The activities must be documented.

Some of the activities include:

- Backpacking
- Biking – FitBit, iPhone, Garmin to document
- Canine Biathlon (uscaninebiathlon.com)



E. AKC TITLE - FITNESS RELATED - 1st level title = 2 points

In Category E, you may choose between the following novice (or above) level fitness titles. You may only count one title from this category. For details on any of these titles, go to akc.org and type the name of the title in the search box.

- AKC Agility/ACT (includes virtual titles)
- AKC CAT (Coursing Ability Test)
- AKC FAST CAT
- AKC Field Trial or Hunting Test
- AKC Herding
- AKC Lure Coursing
- AKC Rally/Obedience (includes virtual titles)
- AKC Tracking
- Dock Diving
- NAFA Flyball
- UpDog Disc Dog

DOCUMENTATION OPTIONS

- A copy of the AKC title certificate is needed for documentation. (A cell phone photo is acceptable). If you do not have a copy of your certificate, AKC can verify that the dog has the title when your Title Application is submitted.

See the chart on page 18.

	BRONZE FIT DOG	SILVER FIT DOG	GOLD FIT DOG
RALLY https://www.akc.org/sports/titles-and-abbreviations/	Rally Novice (RN)	Rally Intermediate (RI) Rally Advanced (RA)	Rally Advanced Excellent (RAE) Rally Excellent (RE)
DOCK DIVING https://northamericadivingdogs.com/content/view/cmsid/22/Titles	Distance: DN, DI DS, DM, DE, Premier Air: AN, AJ, AS, AM, AE Hydro Dash: HDN, HDJ, HDS, HDM, HDE	Distance: DNA,DJA, DSA, DMA, DEA Air: ANA, AJA, ASA, AMA, AEA Hydro Dash: HDNA, HDJA, HDSA, HDMA, HDEA	Distance: DNX, DJX, DSX, DMX, DEX Air: ANX, AJX, ASX, AMX, AEX Hydro Dash: HDNX, HDJX, HDSX, HDMX, HDEX
Disc Dog https://updogchallenge.com/ https://www.akc.org/sports/title-recognition-program/disc-dog/	DDB, DDBE	DDS, DDSE	DDG, DDGE, DDP, DDPE, DDU, DDUE
OBEDIENCE https://www.akc.org/sports/titles-and-abbreviations/	BN CD, CD-V, PCD VBN, VCD	CDX, PCDX	UD, UDX, PUTD, PUDX
AGILITY https://www.akc.org/sports/titles-and-abbreviations/	ACT1, ACT1J, NA, NAJ. NAP, NF, NFP, NJP	ACT2, ACT2J, OA, OAJ, OF, OFP, OJP	AJP, AX, AXJ, AXP
FAST CAT https://www.akc.org/sports/titles-and-abbreviations/	BCAT	DCAT	FCAT



GRANDFATHERING AKC TITLES

E. AKC TITLE - FITNESS RELATED F. AKC PARENT CLUB PERFORMANCE TITLES

Until further notice, titles previously earned for categories E and F (above) will be grandfathered. This means that if your dog earned a title before the AKC FIT DOG titles began, you may count it.

Each title may only be counted one time toward an AKC FIT DOG title. For example, if your dog earned the Novice Agility title before AKC FIT DOG titles began, you may count it. If it was used for the Bronze AKC FIT DOG title, the Novice Agility title may not be submitted again for Silver or Gold.

F. AKC PARENT CLUB PERFORMANCE TITLES - 2 points

Approved AKC Parent Club Performance Titles allow breeds to be acknowledged for successfully performing the functions for which they were developed. These titles are breed specific. The titles listed in the back of this Guide are in the Approved AKC Parent Club Performance Events Title Recognition Program.

In Category F, you may only count one activity from this category.

Each AKC Parent Club Performance title may only be submitted once for an AKC FIT DOG Title. For example, if you submitted a Sled Dog Excellent (SDX) title for AKC FIT DOG Silver, you may not submit it again for Gold.

DOCUMENTATION OPTIONS

- A copy of the AKC Parent Club Performance title certificate is needed for documentation. A cell phone photo is acceptable. If you do not have a copy of your certificate, AKC can verify that the dog has the title when your Title Application is submitted.



Silver Title for AKC FIT DOG

For the Silver title, 10 points must be earned.



AKC FIT DOG SILVER (Intermediate) TITLE CHECKLIST

Must have a Bronze title to apply

Dog owner name _____ Date Submitted _____

Dog Name _____ Dog Number _____

**Directions: Must have a total of at least 10 points from at least 2 categories below.
See the AKC FIT DOG Participant Guide for details regarding the required documentation for each category.**

Category	Points
<input type="checkbox"/> A. AKC FIT DOG Course (taught by an AKC Approved FIT DOG Instructor) May only count 1 course not previously submitted	6
<input type="checkbox"/> B. RUNS - complete 2 or more additional organized community runs beyond Bronze. Document with wearable, smart phone, etc. Distance = at least 1 mile.	6
<input type="checkbox"/> C. WALKS AND HIKES (you may choose either an independent or group walk) 1. INDEPENDENT WALKS/HIKES (on your own) Walk 150 minutes per week with dog for 8 additional weeks (2 months) beyond Bronze). Must document. ----- 2. GROUP WALKS/HIKES Complete 2 or more additional group walks (beyond Bronze) (e.g., AKC FIT DOG Club walk) (at least 1 mile per walk).	6
<input type="checkbox"/> D. UNIQUE TO YOU AND YOUR DOG <input type="checkbox"/> Swimming <input type="checkbox"/> Parkour - (IDPKA or ADP) <input type="checkbox"/> Other _____	4
<input type="checkbox"/> E. AKC TITLE - FITNESS RELATED May only count 1 title not previously submitted - includes virtual titles <input type="checkbox"/> AKC Agility/ACT <input type="checkbox"/> NADD Dock diving <input type="checkbox"/> UpDog Disc Dog <input type="checkbox"/> AKC FAST CAT <input type="checkbox"/> AKC CAT <input type="checkbox"/> AKC Lure coursing <input type="checkbox"/> AKC Herding <input type="checkbox"/> NAFA Flyball <input type="checkbox"/> AKC Field Trial or Hunting Test <input type="checkbox"/> AKC Rally/Obedience <input type="checkbox"/> AKC Tracking	4
<input type="checkbox"/> F. AKC Parent Club Performance Titles May only count 1 title not previously submitted <input type="checkbox"/> Pack Dog <input type="checkbox"/> Sledding <input type="checkbox"/> Coaching <input type="checkbox"/> Carting <input type="checkbox"/> Draft Dog <input type="checkbox"/> Other _____	4
For details, see the Participant Guide: https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/	<div style="display: flex; justify-content: space-between; align-items: center;"> TOTAL <div style="border: 1px solid black; width: 60px; height: 40px; margin-left: 20px;"></div> </div>



REQUIREMENTS - SILVER

A. AKC FIT DOG COURSE – 6 points

The dog owner must complete an AKC FIT DOG course. The course offers 6 fitness lessons.

The course is taught by an Approved AKC FIT Instructor who has taken the training and passed the tests through AKC Canine College. There are 3 levels of AKC FIT DOG courses; they are Levels 1, 2, and 3. An AKC FIT DOG Instructor receives the certificates to give to students when he or she graduates from the course.

IF AN INSTRUCTOR'S DOG IS USED AS A DEMO DOG THROUGHOUT THE COURSE, THE INSTRUCTOR MAY COUNT THE COURSE FOR THIS DOG'S TITLE.

DOCUMENTATION OPTIONS

- To document the completion of the course, the dog owner will send AKC a copy of the certificate issued by the Approved AKC FIT DOG Instructor.
- There are certificates for Levels 1, 2, and 3 of the AKC FIT DOG courses.

You may only submit a course (Level 1, 2, or 3) one time (Bronze, Silver, or Gold).

For example, if you submitted the Level 1 course for Bronze, you may not submit it again for Silver.





B. RUNS – 6 points

The handler and dog complete at least 2 organized runs in the community in addition to the Bronze runs. An example is a 1-mile walk/run put on by a Parks & Recreation department. Walk/runs often have names such as Spring Scurry, Jingle Bell Run, etc.

The minimum distance is 1 mile. Remember to keep your dog safe, and if necessary, take breaks during the walk/run.

YOU MAY ALSO COUNT VIRTUAL RACES (e.g., virtualrunevents.com). These must be documented with a screenshot or the Walk/Run Documentation Form. Fill out only the day(s) you completed the race.

DOCUMENTATION OPTIONS

The data from the options below will be exported (e.g., screenshots) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- Documentation Form (downloadable) signed by a CGC Evaluator or a race official who was present. You may also use the Walk/Run Documentation form.
- **A photo of a race medal is not sufficient documentation.**



AKC FIT DOG

DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____
Owner/handler name

and _____
Dog AKC number _____ Dog name _____

completed the following AKC FIT DOG activities on _____
Date

I (the CGC Evaluator, race official, etc.) witnessed the activities below:

RUNS (Community run/walks such as a Turkey Trot, Spring Scurry. Category B on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

GROUP WALK/HIKE (such as with AKC FIT DOG Club. Category C on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

For Category C, you may also use the Walk/Run Documentation Form to record your group walks.

UNIQUE TO YOU AND YOUR DOG (Category D on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Activity (e.g., therapeutic canine swimming) _____

Video Link (YouTube) for Independent swimming _____

Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer _____

Title (CGC Evaluator, Race official, etc.) _____

AKC CGC Evaluator number (if applicable) _____

Signature of Evaluator or Organizer _____



AKC FIT DOG: Walk/Run Documentation Form May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.



C. WALKS AND HIKES – 6 points

In Category C, you may choose either Independent Walks/Hikes or Group Walks/Hikes.

C-1. Independent Walks/Hikes. These are walks/hikes you do on your own.

- For the Silver title, you and your dog must walk at least 150 minutes per week for 8 additional weeks (2 months) in addition to Bronze. **You may not, for example, double the time and finish in 4 weeks.**
- **If you did not walk for Bronze, you must complete the Bronze walking if you decide to walk for Silver. (8 weeks + 8weeks).**

DOCUMENTATION OPTIONS

The data from the options below will be exported (e.g., screenshots) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- If you do not have access to a device or app that allows you to total data by weeks or months, you may use the Record Keeping Form below (downloadable on the AKC FIT DOG page at: <https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>)



AKC FIT DOG: Walk/Run Documentation Form
May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month: (Dates are below)	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
 SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
 GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.



C-2. Group Walks/Hikes. These are walks/hikes you do with a group, such as with an AKC FIT DOG Club.

- For the Silver title, you and your dog must complete **at least 2 or more group walks in addition to the Bronze walks** with an organized group such as an AKC FIT DOG Club. The walk/hike should be at least 1 mile. May take rests.
- Special needs dogs such as seniors, dogs with short legs (e.g., Dachshunds), Brachycephalic dogs (flat face such as Bulldog, Pug, Pekingese), Toy breeds and any dog with physical or health issues with veterinarian approval to walk may walk **30 minutes with breaks rather than 1 mile.**

DOCUMENTATION OPTIONS

The data from the options below will be exported (e.g., screenshots) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- Documentation Form (downloadable) signed by a CGC Evaluator or a race official who was present. You may choose to use the Walk/Run Documentation Form as an option.



AKC FIT DOG

DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____
Owner/handler name

and _____
Dog AKC number Dog name

completed the following AKC FIT DOG activities on _____
Date

I (the CGC Evaluator, race official, etc.) witnessed the activities below:

RUNS (Community run/walks such as a Turkey Trot, Spring Scurry. Category B on the Checklist).
 Location _____ Distance _____ or Time (hours/minutes) _____
 Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

GROUP WALK/HIKE (such as with AKC FIT DOG Club. Category C on the Checklist).
 Location _____ Distance _____ or Time (hours/minutes) _____
 Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____
 For Category C, you may also use the Walk/Run Documentation Form to record your group walks.

UNIQUE TO YOU AND YOUR DOG (Category D on the Checklist).
 Location _____ Distance _____ or Time (hours/minutes) _____
 Name of Activity (e.g., therapeutic canine swimming) _____
 Video Link (YouTube) for Independent swimming _____

Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer _____

Title (CGC Evaluator, Race official, etc.) _____

AKC CGC Evaluator number (if applicable) _____

Signature of Evaluator of Organizer _____



AKC FIT DOG: Walk/Run Documentation Form May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
 SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
 GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.

D. UNIQUE TO YOU AND YOUR DOG - 4 points

In Category D, you can choose between a variety of activities. You may only count one activity from this category.



Swimming.

For both options below, the dog may wear a canine flotation device (life vest) for safety.

**Option 1: This may be therapeutic swimming or hydrotherapy (with a therapist).
5 minutes 1 time per week for 3 weeks (total of 3 sessions with a therapist).**

DOCUMENTATION OPTIONS

The data from the options below will be exported (e.g., screenshot) and sent to AKC.

- Written statement from a therapist on therapist's letterhead.
- Documentation Form (downloadable online) signed by a therapist who worked with the dog.

Option 2: This may be independent swimming in a pool, lake, pond, etc. This may be an individual or group activity.

**The dog may fetch objects thrown into the water and may rest in between.
5 minutes, 3 days per week for 2 weeks (total of 6 sessions).**

DOCUMENTATION OPTIONS

- **Individual:** Video links of the dog swimming. The links must be YouTube links. You may show a sample of the session—10 seconds at the beginning, middle and end.
- **Group:** Documentation Form (downloadable online) signed by a CGC Evaluator who was present at the activity.



AKC FIT DOG

DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____
Owner/handler name

and _____
Dog AKC number Dog name

completed the following AKC FIT DOG activities on _____
Date

I (the CGC Evaluator, race official, etc.) witnessed the activities below:

RUNS (Community run/walks such as a Turkey Trot, Spring Scurry, Category B on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

GROUP WALK/HIKE (such as with AKC FIT DOG Club, Category C on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk)

For Category C, you may also use the Walk/Run Documentation Form to record your group walks.

UNIQUE TO YOU AND YOUR DOG (Category D on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Activity (e.g., therapeutic canine swimming) _____

Video Link (YouTube) for independent swimming _____

Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer

Title (CGC Evaluator, Race official, etc.)

AKC CGC Evaluator number (if applicable)

Signature of Evaluator of Organizer



Parkour.

AKC will grandfather Parkour titles from the **International Dog Parkour Association (IDPKA)** or **All Dogs Parkour (ADP)**.

A SPECIFIC IDPKA or ADP TITLE MAY ONLY BE SUBMITTED ONE TIME FOR CATEGORY D. For example, if you used a particular title for Bronze, you may not use the exact same IDPKA or ADP title for Silver.

DOCUMENTATION OPTIONS

- A copy of an IDPKA or ADP certificate is required and must be sent to AKC with the Title Application and Checklist.

Mushing.

Complete an International Sled Dog Racing Association (ISDRA) sanctioned race or an International Federation of Sleddog Sports (IFSS) accredited race.

Mushing types for ISDRA:

Snow:

- Skijor
- Sled
- Fat tire bike

Dryland

- Rig (cart)
- Scooter
- Bikejor
- Canicross

Other.

You may contact AKC at FITDOG@akc.org to request approval for other activities in this category. The activities must be documented.

Some of the activities include:

- Backpacking
- Biking – FitBit, iPhone, Garmin to document
- Canine Biathlon (uscaninebiathlon.com)



E. AKC TITLE - FITNESS RELATED - 4 points

In Category E, for Silver, you may choose between the following novice (or above) level fitness titles for 4 points. You may only count one title from this category. For details on any of these titles, go to akc.org and type the name of the title in the search box. When you get to Gold, there are only 2 points for 1st level titles (Novice), 4 points for 2nd level titles, and 8 points for advanced titles.

- AKC Agility/ACT (includes virtual titles)
- AKC CAT (Coursing Ability Test)
- AKC FAST CAT
- AKC Field Trial or Hunting Test
- AKC Herding
- AKC Lure Coursing
- AKC Rally/Obedience (includes virtual titles)
- AKC Tracking
- Dock Diving
- NAFA Flyball
- UpDog Disc Dog

DOCUMENTATION OPTIONS

- A copy of the AKC title certificate is needed for documentation. A cell phone photo is acceptable. If you do not have a copy of your certificate, AKC can verify that the dog has the title when your Title Application is submitted.

SEE THE FULL CHART
ON PAGE 18.

	BRONZE FIT DOG	SILVER FIT DOG	GOLD FIT DOG
RALLY https://www.akc.org/sports/titles-and-abbreviations/	Rally Novice (RN)	Rally Intermediate (RI) Rally Advanced (RA)	Rally Advanced Excellent (RAE) Rally Excellent (RE)
DOCK DIVING https://northamericadivingdogs.com/content/view/cmsid/22/Titles	Distance: DN, DI DS, DM, DE, Premier Air: AN, AJ, AS, AM, AE Hydro Dash: HDN, HDJ, HDS, HDM, HDE	Distance: DNA,DJA, DSA, DMA, DEA Air: ANA, AJA, ASA, AMA, AEA Hydro Dash: HDNA, HDJA, HDSA, HDMA, HDEA	Distance: DNX, DJX, DSX, DMX, DEX Air: ANX, AJX, ASX, AMX, AEX Hydro Dash: HDNX, HDJX, HDSX, HDMX, HDEX
Disc Dog https://undogchallenge.com/	DDB, DDBE	DDS, DDSE	DDG, DDGE, DDP, DDPE, DDU, DDUE



GRANDFATHERING AKC TITLES

E. AKC TITLE - FITNESS RELATED

F. AKC PARENT CLUB PERFORMANCE TITLES

Until further notice, titles previously earned for categories E and F (above) will be grandfathered. This means that if your dog earned a title before the AKC FIT DOG titles began, you may count it.

Each title may only be counted one time toward an AKC FIT DOG title. For example, if your dog earned the Novice Agility title before AKC FIT DOG titles began, you may count it. If it was used for the Bronze AKC FIT DOG title, the Novice Agility title may not be submitted again for Silver or Gold.

F. AKC PARENT CLUB PERFORMANCE TITLES - 4 points

Approved AKC Parent Club Performance Titles allow breeds to be acknowledged for successfully performing the functions for which they were developed. These titles are breed specific. The titles listed in the back of this Guide are in the Approved AKC Parent Club Performance Events Title Recognition Program.

In Category F, you may only count one activity from this category.

See pages 40-41 for a list of titles.

Each AKC Parent Club Performance title may only be submitted once for an AKC FIT DOG Title. For example, if you submitted a Sled Dog Excellent (SDX) title for AKC FIT DOG Silver, you may not submit it again for Gold.

DOCUMENTATION OPTIONS

- A copy of the AKC Parent Club Performance title certificate is needed for documentation. A cell phone photo is acceptable. If you do not have a copy of your certificate, AKC can verify that the dog has the title when your Title Application is submitted.



Gold Title for AKC FIT DOG

For the Gold title, 20 points must be earned.



AKC FIT DOG GOLD (Advanced) TITLE CHECKLIST

Must have a Silver title to apply

Dog owner name _____ Date Submitted _____

Dog Name _____ Dog Number _____

Directions: Must have a total of at least 20 points from at least 2 categories below. See the AKC FIT DOG Participant Guide for details regarding the required documentation for each category. FOR GOLD, MUST HAVE AT LEAST ONE (1) AKC TITLE - Category E.

Category	Points
<input type="checkbox"/> A. AKC FIT DOG Course - may only count 1 course (6 weeks of classes)	<input type="checkbox"/> 12 - Level 3 <input type="checkbox"/> 6 - Level 2 <input type="checkbox"/> 3 - Level 1
<input type="checkbox"/> B. RUNS - complete at least 2 additional community runs beyond Silver.	12
<input type="checkbox"/> C. WALKS AND HIKES (you may choose either an independent or group walk) 1. INDEPENDENT WALKS/HIKES (on your own) Walk 150 minutes per week with dog for 8 additional weeks (2 months) past Silver). Must document. ----- 2. GROUP WALKS/HIKES Complete 2 or more additional group walks (beyond Silver) (e.g., AKC FIT DOG Club walk) (at least 1 mile per walk). May take rests.	12
<input type="checkbox"/> D. UNIQUE TO YOU AND YOUR DOG <input type="checkbox"/> Swimming <input type="checkbox"/> Parkour - (IDPKA or ADP) <input type="checkbox"/> Other _____	8
<input type="checkbox"/> E. AKC TITLE - FITNESS RELATED - MUST HAVE AT LEAST 1 AKC TITLE May count up to 2 new titles not previously submitted - includes virtual titles <input type="checkbox"/> AKC Agility/ACT <input type="checkbox"/> NADD Dock diving <input type="checkbox"/> UpDog Disc Dog <input type="checkbox"/> AKC FAST CAT <input type="checkbox"/> AKC CAT <input type="checkbox"/> AKC Lure coursing <input type="checkbox"/> AKC Herding <input type="checkbox"/> NAFA Flyball <input type="checkbox"/> AKC Field Trial or Hunting Test <input type="checkbox"/> AKC Rally/Obedience <input type="checkbox"/> AKC Tracking	<input type="checkbox"/> 2 1st level title <input type="checkbox"/> 4 2nd level title <input type="checkbox"/> 8 Advanced level title
<input type="checkbox"/> F. AKC Parent Club Performance Titles May only count 1 title not previously submitted <input type="checkbox"/> Pack Dog <input type="checkbox"/> Sledding <input type="checkbox"/> Coaching <input type="checkbox"/> Carting <input type="checkbox"/> Draft Dog <input type="checkbox"/> Other _____	4
For details, see the Participant Guide: https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/	TOTAL <input style="width: 50px; height: 30px;" type="text"/>



REQUIREMENTS - GOLD

Note: Must have at least 1 AKC Fitness Related title (category E) to earn the Gold AKC FIT DOG title. May have up to 2 AKC Fitness Related titles for Gold.

A. AKC FIT DOG COURSE – 12 points (Level 3), 6 points (Level 2), 3 points (Level 1)

The dog owner must complete an AKC FIT DOG course. The course offers 6 fitness lessons.

The course is taught by an Approved AKC FIT Instructor who has taken the training and passed the tests through AKC Canine College. There are 3 levels of AKC FIT DOG courses; they are Levels 1, 2, and 3.

IF AN INSTRUCTOR'S DOG IS USED AS A DEMO DOG THROUGHOUT THE COURSE, THE INSTRUCTOR MAY COUNT THE COURSE FOR THIS DOG'S TITLE.

DOCUMENTATION OPTIONS

- To document the completion of the course, the dog owner will send AKC a copy of the certificate issued by the Approved AKC FIT DOG Instructor.
- There are certificates for Levels 1, 2, and 3 of the AKC FIT DOG courses.

You may only submit a course (Level 1, 2, or 3) one time (Bronze, Silver, or Gold).

For example, if you submitted the Level 1 course for Bronze, you may not submit it again for Silver.





B. RUNS – 12 points

The handler and dog complete at least 2 organized runs in the community in addition to the Silver runs. An example is a 1-mile walk/run put on by a Parks & Recreation department. Walk/runs often have names such as Spring Scurry, Jingle Bell Run, etc.

The minimum distance is 1 mile. Remember to keep your dog safe, and if necessary, take breaks during the walk/run.

YOU MAY ALSO COUNT VIRTUAL RACES (e.g., virtualrunevents.com). These must be documented with a screenshot or the Walk/Run Documentation Form. Fill out only the day(s) you completed the race.

DOCUMENTATION OPTIONS

The data from the options below will be exported (e.g., screenshot) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- Documentation Form (downloadable) signed by a CGC Evaluator or a race official who was present. Or, use the Walk/Run Documentation form.
- **A photo of a race medal is not sufficient documentation.**



AKC FIT DOG DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____
Owner/handler name

and _____
Dog AKC number Dog name

completed the following AKC FIT DOG activities on _____
Date

I (the CGC Evaluator, race official, etc.) witnessed the activities below:

RUNS (Community run/walks such as a Turkey Trot, Spring Scurry. Category B on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

GROUP WALK/HIKE (such as with AKC FIT DOG Club. Category C on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

For Category C, you may also use the Walk/Run Documentation Form to record your group walks.

UNIQUE TO YOU AND YOUR DOG (Category D on the Checklist).

Location _____ Distance _____ or Time (hours/minutes) _____

Name of Activity (e.g., therapeutic canine swimming) _____

Video Link (YouTube) for independent swimming _____

Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer _____

Title (CGC Evaluator, Race official, etc.) _____

AKC CGC Evaluator number (if applicable) _____

Signature of Evaluator of Organizer _____



AKC FIT DOG: Walk/Run Documentation Form May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.



C. WALKS AND HIKES – 12 points

In Category C, you may choose either Independent Walks/Hikes or Group Walks/Hikes.

C-1. Independent Walks/Hikes. These are walks/hikes you do on your own.

- For the Gold title, you and your dog must walk at least 150 minutes per week for 8 additional weeks (2 months) in addition to the Silver walks. **You may not, for example, double the time and finish in 4 weeks.**
- **If you did not walk for Bronze or Silver, you must complete the Bronze and Silver walking if you decide to walk for Gold. (8 weeks + 8weeks + 8 weeks).**

DOCUMENTATION OPTIONS

The data from the options below will be exported (e.g., screenshot) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- If you do not have access to a device or app that allows you to total data by weeks or months, you may use the Walk/Run Documentation Form below (downloadable on the AKC FIT DOG page at: <https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>)



AKC FIT DOG: Walk/Run Documentation Form
May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.




C-2. Group Walks/Hikes. These are walks/hikes you do with a group, such as with an AKC FIT DOG Club.

- For the Gold title, you and your dog must complete **at least 2 or more group walks in addition to the Silver walks** with an organized group such as an AKC FIT DOG Club. The walk/hike should be at least 1 mile. May take rests.
- Special needs dogs such as seniors, dogs with short legs (e.g., Dachshunds), Brachycephalic dogs (flat face such as Bulldog, Pug, Pekingese), Toy breeds and any dog with physical or health issues with veterinarian approval to walk may walk **30 minutes with breaks rather than 1 mile.**

DOCUMENTATION OPTIONS

The data from the options below will be exported (e.g., screenshot) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- Documentation Form (downloadable) signed by a CGC Evaluator or a race official who was present. You may choose to use the Walk/Run Documentation Form as an option.



AKC FIT DOG

DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____
Owner/handler name

and _____
Dog AKC number Dog name

completed the following AKC FIT DOG activities on _____
Date

I (the CGC Evaluator, race official, etc.) witnessed the activities below:

RUNS (Community run/walks such as a Turkey Trot, Spring Scurry. Category B on the Checklist).
 Location _____ Distance _____ or Time (hours/minutes) _____
 Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

GROUP WALK/HIKE (such as with AKC FIT DOG Club. Category C on the Checklist).
 Location _____ Distance _____ or Time (hours/minutes) _____
 Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____
 For Category C, you may also use the Walk/Run Documentation Form to record your group walks.


UNIQUE TO YOU AND YOUR DOG (Category D on the Checklist).
 Location _____ Distance _____ or Time (hours/minutes) _____
 Name of Activity (e.g., therapeutic canine swimming) _____
 Video Link (YouTube) for independent swimming _____

 Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer _____

Title (CGC Evaluator, Race official, etc.) _____

AKC CGC Evaluator number (if applicable) _____

Signature of Evaluator of Organizer _____



AKC FIT DOG: Walk/Run Documentation Form
 May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____

Dog call name _____ Dog AKC number _____

Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
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BRONZE - Independent walk (on your own): At least 75 min/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.

SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.

GOLD - Independent walk: At least 150 min/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.

D. UNIQUE TO YOU AND YOUR DOG - 8 points



In Category D, you can choose between a variety of activities. You may only count one activity from this category.

Swimming.

For both options below, the dog may wear a canine flotation device (life vest) for safety.

**Option 1: This may be therapeutic swimming or hydrotherapy (with a therapist).
10 minutes 1 time per week for 3 weeks (total of 3 sessions with a therapist).**

DOCUMENTATION OPTIONS

The data from the options below will be exported (e.g., screenshots) and sent to AKC.

- Written statement from a therapist on therapist's letterhead.
- Documentation Form (downloadable online) signed by a therapist who worked with the dog.

Option 2: This may be independent swimming in a pool, lake, pond, etc. This may be an individual or group activity.

**The dog may fetch objects thrown into the water and may rest in between.
10 minutes, 2 days per week for 2 weeks (total of 4 sessions).**

DOCUMENTATION OPTIONS

- **Individual:** Video links of dog swimming. The links must be YouTube links. You may show a sample of the session—10 seconds at the beginning, middle and end.
- **Group:** Documentation Form (downloadable online) signed by a CGC Evaluator who was present at the activity.



AKC FIT DOG

DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____
Owner/handler name

and _____
Dog AKC number

_____ Dog name

completed the following AKC FIT DOG activities on _____
Date

I (the CGC Evaluator, race official, etc.) witnessed the activities below:

RUNS (Community run/walks such as a Turkey Trot, Spring Scurry. Category B on the Checklist).
Location _____ Distance _____ or Time (hours/minutes) _____
Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

GROUP WALK/HIKE (such as with AKC FIT DOG Club. Category C on the Checklist).
Location _____ Distance _____ or Time (hours/minutes) _____
Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____
For Category C, you may also use the Walk/Run Documentation Form to record your group walks.

UNIQUE TO YOU AND YOUR DOG (Category D on the Checklist).
Location _____ Distance _____ or Time (hours/minutes) _____
Name of Activity (e.g., therapeutic canine swimming) _____
Video Link (YouTube) for independent swimming _____

Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer _____
Title (CGC Evaluator, Race official, etc.) _____
AKC CGC Evaluator number (if applicable) _____
Signature of Evaluator or Organizer _____



Parkour.

AKC will grandfather Parkour titles from the **International Dog Parkour Association (IDPKA)** or **All Dogs Parkour (ADP)**.

A SPECIFIC IDPKA or ADP TITLE MAY ONLY BE SUBMITTED ONE TIME FOR CATEGORY D. For example, if you used a particular title for Silver, you may not use the exact same IDPKA or ADP title for Gold.

DOCUMENTATION OPTIONS

- A copy of an IDPKA or ADP certificate is required and must be sent to AKC with the Title Application and Checklist.

Mushing.

Complete an International Sled Dog Racing Association (ISDRA) sanctioned race or an International Federation of Sleddog Sports (IFSS) accredited race.

Mushing types for ISDRA:

Snow:

- Skijor
- Sled
- Fat tire bike

Dryland

- Rig (cart)
- Scooter
- Bikejor
- Canicross

Other.

You may contact AKC at FITDOG@akc.org to request approval for other activities in this category. The activities must be documented.

Some of the activities include:

- Backpacking
- Biking – FitBit, iPhone, Garmin to document
- Canine Biathlon (uscaninebiathlon.com)



E. AKC TITLE - FITNESS RELATED

Must have at least 1 AKC Title below to earn the Gold AKC FIT DOG Title, but you may count up to 2 titles

Advanced title = 8 points, 2nd level title = 4 points; 1st level title = 2 points

In Category E, you may choose between the following fitness titles. **You may count up to 2 titles from this category.** For details on any of these titles, go to akc.org and type the name of the title in the search box.

- AKC Agility/ACT (includes virtual titles)
- AKC CAT (Coursing Ability Test)
- AKC FAST CAT
- AKC Field Trial or Hunting Test
- AKC Herding
- AKC Lure Coursing
- AKC Rally/Obedience (includes virtual titles)
- AKC Tracking
- Dock Diving
- NAFA Flyball
- UpDog Disc Dog

DOCUMENTATION OPTIONS

- A copy of the AKC title certificate is needed for documentation. (A cell phone photo is acceptable). If you do not have a copy of your certificate, AKC can verify that the dog has the title when your Title Application is submitted.

**SEE THE FULL
CHART ON PAGE 18.**

	BRONZE FIT DOG	SILVER FIT DOG	GOLD FIT DOG
RALLY https://www.akc.org/sports/titles-and-abbreviations/	Rally Novice (RN)	Rally Intermediate (RI) Rally Advanced (RA)	Rally Advanced Excellent (RAE) Rally Excellent (RE)
DOCK DIVING https://northamericadivingdogs.com/content/view/full/22/Titles	Distance: DN, DI DS, DM, DE, Premier Air: AN, AJ, AS, AM, AE Hydro Dash: HDN, HDJ, HDS, HDM, HDE	Distance: DNA,DJA, DSA, DMA, DEA Air: ANA, AJA, ASA, AMA, AEA Hydro Dash: HDNA, HDJA, HDSA, HDMA, HDEA	Distance: DNX, DJX, DSX, DMX, DEX Air: ANX, AJX, ASX, AMX, AEX Hydro Dash: HDNX, HDJX, HDSX, HDMX, HDEX
Disc Dog https://updogchallenge.com/	DDB, DDBE	DDS, DDSE	DDG, DDGE, DDP, DDPE, DDU, DDUE



GRANDFATHERING AKC TITLES

E. AKC TITLE - FITNESS RELATED

F. AKC PARENT CLUB PERFORMANCE TITLES

Until further notice, titles previously earned for categories E and F (above) will be grandfathered. This means that if your dog earned a title before the AKC FIT DOG titles began, you may count it.

Each title may only be counted one time toward an AKC FIT DOG title. For example, if your dog earned the Novice Agility title before AKC FIT DOG titles began, you may count it. If it was used for the Bronze AKC FIT DOG title, the Novice Agility title may not be submitted again.

F. AKC PARENT CLUB PERFORMANCE TITLES - 4 points

Approved AKC Parent Club Performance Titles allow breeds to be acknowledged for successfully performing the functions for which they were developed. These titles are breed specific. The titles listed in the back of this Guide are in the Approved AKC Parent Club Performance Events Title Recognition Program.

See pages 40—41.

In Category F, you may only count one activity from this category.

Each AKC Parent Club Performance title may only be submitted once for an AKC FIT DOG Title. For example, if you submitted a Sled Dog Excellent (SDX) title for AKC FIT DOG Silver, you may not submit it again for Gold.

DOCUMENTATION OPTIONS

- A copy of the AKC Parent Club Performance title certificate is needed for documentation. A cell phone photo is acceptable. If you do not have a copy of your certificate, AKC can verify that the dog has the title when your Title Application is submitted.

PART III. Resources

1. Sample Apps/Equipment used by AKC FIT DOG participants
2. AKC Parent Club Titles for AKC FIT DOG

1. Sample Apps/Equipment Used by AKC FIT DOG Participants

Most of the AKC FIT DOG participants who have walked to earn the AKC FIT DOG magnet have used human wearables. A small number have used dog collars to document their walks.

If you choose to use an app or device such as a Fitbit to document your walks, make sure you can total the data by week or month. If you can't do this, please use the Record Keeping Form that has spaces for 31 days.

Equipment

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)

Human Apps on Smart Phones and Smart Watches

- Pedometer app
- Map My Walk
- Map My Run
- GPS (Garmin)
- Motion X GPS
- Run Keeper
- Health app (on smart phone)
- Geocaching app

Dog collars

- Lync
- Woof Trax (include Walk for a Dog app)

Miscellaneous

- Attend exercise class; instructor leads walks and has an attendance form

2. AKC Parent Club Titles for AKC FIT DOG

AKC Parent Club

Titles

American Bloodhound Club
<http://www.bloodhounds.org>

MT = Man Trailer
 MTI = Man Trailer Intermediate
 MTX = Man Trailer Excellent

Dalmatian Club of America
<http://www.thedca.org>

CC = Coaching Certificate
 RD = Road Dog
 RDX = Road Dog Excellent
 RDCH = Road Dog Champion
 RDXCH = Road Dog Excellent Champion

Nova Scotia Duck Tolling Retriever Club (USA)
<http://www.nsdtrc-usa.org>

WC = Working Certificate
 WCI = Working Certificate Intermediate
 WCX = Working Certificate Excellent

Siberian Husky Club of America
<http://www.shca.org>

SD = Sled Dog
 SDX = Sled Dog Excellent
 SDO = Sled Dog Outstanding

 WPD = Working Pack Dog
 WPDA = Working Pack Dog Advanced
 WPDX = Working Pack Dog Excellent

American Bouvier des Flandres Club
<http://www.bouvier.org>

NDD = Novice Draft Dog
 DD = Draft Dog
 NBDD = Novice Brace Draft
 BDD = Brace Draft Dog

Bernese Mountain Dog Club of America
<http://bmdca.org>

Belgian Sheepdog Club of America
 (earn carting titles in BMDC events)
<http://bsca.info>

Briard Club of America
<http://briardclubofamerica.org/bca>

Greater Swiss Mountain Dog Club of America
<http://gsmdca.org>

Mastiff Club of America
<https://themastiffclubofamerica.com/>

Leonberger Club of America
<https://www.leonbergerclubofamerica.com>

St. Bernard Club of America
<http://saintbernardclub.org>

DD = Draft Dog
 TDD = Team Draft Dog

American Rottweiler Club
<http://www.amrottclub.org>

CS = Carting Started
 CI = Carting Intermediate
 CX = Carting Excellent
 CST = Carting Started Team
 CIT = Carting Intermediate Team
 CXT = Carting Excellent Team

Petit Basset Griffon Vendéen Club of America
<http://www.pbgv.org>

PCJH = Parent Club Junior Hunter
 PCSH = Parent Club Senior Hunter
 PCMH = Parent Club Master Hunter

Basset Hound Club of America
www.basset-bhca.org

HH = Hunting Hound
 SHH = Senior Hunting Hound
 MHH = Master Hunting Hound
 MHE = Master Hunting Excellent

Dachshund Club of America
<http://www.dachshundclubofamerica.org>

Petit Basset Griffon Vendéen Club of America
<https://www.pbgv.org/>

Grand Basset Griffon Vendéen Club of America
<https://www.gbgv.net/>

Belgian Sheepdog Club of America
www.bsca.info

FSSS = French Style Started Sheep
 FSIS = French Style Intermediate Sheep
 FSXS = French Style Excellent Sheep

Belgian Tervuren Club of America
www.abtc.org

American Belgian Laekenois Association
www.laeken.club

American Belgian Malinois Club
<http://www.malinoisclub.com/abmc/>

German Shepherd Dog Club of America
<http://www.gsdca.org>