Distraction Checklist

- Create your list of distractions from high to low based upon your dog.
    - Low example: raising your arm, stepping up and down, tossing a water bottle
    - Medium example: knocking on the wall, a person that lives with you walking into the room
    - High example: Doorbell ring, a dog outside barking, someone walking
    - Highest example: favorite person arriving for a visit, dog running at the park
- Base your treats based upon the distraction and your dog.
    - Low value treat – your dog's dog food
    - Medium value treat – new dog food, Ziwi Peak, soft training treats
    - High value treats: chicken, hotdogs, cheese, Stella & Chewy's
    - Highest value treats: liver, steak
- The value is always based upon your dog's taste.

Example Chart

List of Distractions Low to High	**Value Treat Low to High**
stepping up and down	Dog food
stepping up and down while knocking	New dog food
stepping up and down while someone else knocks	Ziwi Peak
stepping up and down while someone stands outside door knocking	Chicken
answering the door	Liver

Suggested places to work through with your dog for each behavior.

Quiet Room	New Room	Small Distractions in Room	Medium Distraction in Room	High Distraction in Room	Secure backyard or on leash	Front Yard on Leash	New Low Distraction Area on Leash

Remember, work at your dog's level. Keep in the same distraction environment until 95 to 100% then start over in new environment.

Tip: Engage dog before asking for skill. Find-it (Focus Game) is a great way to engage.