

Canine Fitness

SETTING GOALS FOR THE YEAR



ASSESSING
YOUR DOG'S
BODY CONDITION

REFLECT UPON
CHANGES YOU
NEED TO MAKE

IDENTIFY "MISSING
LINKS" IN YOUR
CURRENT PROGRAM



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Before developing a conditioning program, you need to be aware of your dog's strengths and weaknesses. You also need to be able to recognize gaps and "missing links" in your current fitness program. Use the questions below to reflect upon what you are (or are not) currently doing with your dog. Use this information to set both short-term and long-term goals for the upcoming year!

1. Use the [Purina Body Condition System](#) and evaluate your dog's weight. Do you need to make changes?
2. What is your dog's current fitness level? Rate on a scale of 1-10 with "10" being the equivalent to an Olympic athlete and "1" being the equivalent to a dog that has difficulty moving freely and without pain.
3. What do you currently do to build your dog's cardio endurance? This could include activities that are sport or work specific and other activities that you do at home.
4. What do you currently do to build your dog's strength?
5. What are you currently doing to build your dog's body awareness and flexibility?
6. Reflect upon your current canine exercise and training program. What are you doing well? What are your and your dog's strengths?
7. Reflect upon your current canine exercise and training program. What areas need improvement? What are some steps you can take to make changes?

Do you know what steps you will take to move forward? Do you have the knowledge and skills that are needed to design a safe and balanced conditioning program for your dog?

If you are not sure, take a few minutes to complete the "Canine Fitness Quiz" (<http://k9fitnessquiz.com>) to discover your canine fitness IQ. It takes just minutes to complete, and a summary of your responses will be emailed to you!



Planning Sheet

1. On a scale of 1-9, my dog's body condition is a _____.
On a scale of 1-10, my dog's fitness level is a _____.
2. My dog's current cardio endurance work includes...
3. My dog's current strength training exercises include...
4. My dog's current body awareness and flexibility activities include...
5. In the area of canine fitness, my dog and I do well with the following...
6. My dog's areas of strength include...
7. My dog's areas of weakness are...



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Planning Sheet

Ways to improve my dog's fitness level include...

Cardio:

Strength:

Body Awareness:

Flexibility: