

FREE BONUS 1

The 60-Day Progress Guide

Print it. Put it on the fridge. Tick the boxes.

A companion to The Super Easy High-Energy Dog Training Book

by Manfred Miles

HOW TO USE IT

Nine sheets, eight weeks

One sheet per week. Seven days, a box for each, and one question at the end of the week that takes thirty seconds to answer.

Ticking the boxes sounds trivial. It is the single strongest predictor of whether anyone finishes a plan like this one — which is why this guide exists as paper rather than as another chapter.

If you miss a day, do not make it up. Pick up on the day you are on. Consistency beats completeness.

If a week went badly, print that sheet again and repeat it. There is nothing magic about sixty days; the order matters, the calendar does not.

Week 1 does not involve your dog

That is deliberate. He is reading you constantly, and right now you are broadcasting the tension you are trying to fix. Seven days on that first is what makes the other seven weeks work.

Resetting the Human

Day	What you do today	Done
1	Run the 3-minute reset once, right after waking.	☐
2	Reset morning and evening.	☐
3	Reset before every walk, leash in hand.	☐
4	Add the pause: three breaths before you react.	☐
5	Reset plus pause all day. Count the slips.	☐
6	Try it at the worst moment of your day.	☐
7	Check-in — answer below.	☐

THE CHECK-IN QUESTION

How many times today did you react before breathing?

NOTES

The Calm Start

Day	What you do today	Done
8	Five steps, no clock. Learn the sequence.	☐
9	Same steps with the timings: 1-2-3-2-2.	☐
10	Repeat identically. Change nothing.	☐
11	Repeat. Watch step 4 — does he lie down?	☐
12	Focus to 3 minutes, play down to 2.	☐
13	Rushed morning: all five, timings halved.	☐
14	Check-in — answer below.	☐

THE CHECK-IN QUESTION

Does he anticipate step 4 without being asked?

NOTES

Five Minutes Indoors

Day	What you do today	Done
15	All five steps, a minute each.	☐
16	Reward the eye contact, not the movement.	☐
17	Same again. Spot the hardest step.	☐
18	Swap in a trick he has never done.	☐
19	Run it in a different room.	☐
20	Add one mild distraction.	☐
21	Check-in — answer below.	☐

THE CHECK-IN QUESTION

Is he still with you at step 4, or does he drop out earlier?

NOTES

The Calm Zone

Day	What you do today	Done
22	Set up the space. Quiet corner, your blanket.	☐
23	Walk him there, reward the lying down.	☐
24	Same, two sessions.	☐
25	Add the word "settle" once he is already down.	☐
26	Five minutes on the mat, you sitting nearby.	☐
27	Send him from two metres away.	☐
28	Check-in — answer below.	☐

THE CHECK-IN QUESTION

Does he go to the mat on his own when the house gets busy?

NOTES

The Leash

Day	What you do today	Done
29	Pre-walk setup only, indoors.	☐
30	Setup plus a ten-minute walk, no goals.	☐
31	The stop rule. Count your stops today.	☐
32	Same. Reward the return to your side.	☐
33	A route with two known distractions.	☐
34	Add the direction change.	☐
35	Check-in — answer below.	☐

THE CHECK-IN QUESTION

How many stops in ten minutes, compared with day 31?

NOTES

The Door and Guests

Day	What you do today	Done
36	Ring your own bell. Nobody opens.	☐
37	Doorbell plus settle on the mat.	☐
38	Someone rings for real. You do not open.	☐
39	Open only once he is on the mat.	☐
40	Guest comes in and ignores him.	☐
41	Guest says hello — four paws only.	☐
42	Check-in — answer below.	☐

THE CHECK-IN QUESTION

Did he jump on anyone this week?

NOTES

Tired Brain, Calm Dog

Day	What you do today	Done
43	"Find it": three treats in plain sight.	☐
44	Same treats, half-hidden.	☐
45	Breakfast from a snuffle mat, not the bowl.	☐
46	Nose work across two rooms.	☐
47	Confidence game: open box, he decides.	☐
48	Replace one walk with fifteen minutes of nose.	☐
49	Check-in — answer below.	☐

THE CHECK-IN QUESTION

Is he asleep within half an hour of the session?

NOTES

The Real World

Day	What you do today	Done
50	Long sniff-only walk. No cues.	☐
51	Same walk, busier area.	☐
52	Planned meeting with one calm dog.	☐
53	Morning routine somewhere new.	☐
54	Chaotic day: short version of everything.	☐
55	Fifteen minutes in a small space.	☐
56	Check-in — answer below.	☐

THE CHECK-IN QUESTION

Which situation still doesn't hold together?

NOTES

DAYS 57–60

Review and Maintenance

Day	What you do today	Done
57	Read back your eight check-in answers. Find the common thread.	☐
58	Choose the THREE routines you keep for good. Only three.	☐
59	Write your maintenance week: daily, and once a week.	☐
60	An ordinary day. No formal training. Just watch.	☐

THE THREE I KEEP

MY MAINTENANCE WEEK