PORCHLIGHT DOGS · PRINTABLE TRACKER

Puppy Potty & Sleep Tracker

Companion to The First 30 Days. Spot your puppy's patterns in three days and get ahead of accidents.

How to use this tracker

1. Each time your puppy pees outside, write **P**. Poop outside: **X**. Accident inside: circle it.
2. Shade the boxes when your puppy sleeps.
3. After three days, look for the pattern: how long after waking, eating, and playing does your puppy need to go?

Week 1: potty & sleep

Day	6a	7a	8a	9a	10a	11a	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	Night
Mon																			
Tue																			
Wed																			
Thu																			
Fri																			
Sat																			
Sun																			

P = pee outside · X = poop outside · circle = accident · shade = asleep · M = meal

Pattern I noticed this week

Week 2: potty & sleep

Day	6a	7a	8a	9a	10a	11a	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	Night
Mon																			
Tue																			
Wed																			
Thu																			
Fri																			
Sat																			
Sun																			

P = pee outside · X = poop outside · circle = accident · shade = asleep · M = meal

Pattern I noticed this week

Week 3: potty & sleep

Day	6a	7a	8a	9a	10a	11a	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	Night
Mon																			
Tue																			
Wed																			
Thu																			
Fri																			
Sat																			
Sun																			

P = pee outside · X = poop outside · circle = accident · shade = asleep · M = meal

Pattern I noticed this week

Week 4: potty & sleep

Day	6a	7a	8a	9a	10a	11a	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	Night
Mon																			
Tue																			
Wed																			
Thu																			
Fri																			
Sat																			
Sun																			

P = pee outside · X = poop outside · circle = accident · shade = asleep · M = meal

Pattern I noticed this week

Feeding chart

Date	Breakfast	Lunch	Dinner	Treats / notes

Vet & vaccine record

Date	Vaccine / treatment	Next due	Vet notes

Socialization bingo

Tick a square after a calm, happy experience. Ask your vet which places are safe before vaccinations are complete.

Man with a hat	Vacuum	Car ride	Wobbly cushion	Doorbell
Kid (calm)	Umbrella	Metal grate	Towel dry	Paw handling
Ear check	Calm adult dog	Traffic far away	Wheelchair or stroller	Rain
Vet visit for treats	Hair dryer (low)	Stairs	New friend	Store patio
Bicycle	Hard floor	Sunglasses	Brushing	Bath time

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