

★ ★ ★ ★ ★ · THE FIRST WEEK

# Your Puppy's First Week Home.

A daily training checklist for your puppy's first seven days —  
what to teach, when, and how. Plain, useful, and free.

7 days, one page each

15–20 min/day

No special tools needed

# The first week sets the tone for years.

We made this because too many "puppy training plans" online read like marketing copy with a checklist bolted on. This one's the opposite. It's what we'd actually do — and what we'd actually tell a friend who just brought a puppy home.

Use one section per day, in order. Each day is one page. You'll spend roughly 15 to 20 minutes total on training — split across short, happy sessions. The rest of the day, your job is just to be calm, take them out to potty often, and let them sleep.

## What this plan does

Builds five foundation behaviors — name response, sit, crate comfort, loose leash, and recall — in seven days, with no shouting, no leash pops, no shock collars.

## What this plan doesn't do

It's not a fix for an adult dog with established habits, and it's not a substitute for a vet or a credentialed trainer if your puppy has serious behavioral or health issues.

## Before you start

You'll need a flat collar or harness, a 6-ft leash, a crate sized to their adult weight, soft training treats (smaller than a pea), and patience. We'll cover the rest.

## How to use it

One page per day. Read in the morning. Practice in three short bursts. Tick the checklist at night. Don't skip Day 1 — settling in is training.

## BEFORE DAY 1, MAKE SURE YOU HAVE

- ☐ A crate set up in a quiet room with a soft blanket inside
- ☐ Two bowls — one for water, one for food — in a consistent spot
- ☐ A bag of soft training treats, broken into pea-sized pieces
- ☐ A flat collar or harness with ID tag, plus a 6-ft leash
- ☐ A potty spot in the yard you've decided on

DAY

1

7-DAY PUPPY PLAN

# Settle In

Help your puppy feel safe in their new home — no training drills today.

## WHAT TO TEACH

- 1 Walk them through the house on leash, calmly. Show them their crate, water bowl, and potty spot.
- 2 Take them outside to potty every 30–45 minutes today, plus after every nap, meal, and play session.
- 3 Reward — with a tiny treat and quiet praise — every single time they potty outside.
- 4 Keep visitors away. Your puppy is meeting you today, not the neighbors.
- 5 Set up the crate in a low-traffic room with a soft blanket and a chew toy. Let them go in voluntarily.

● **Time:** No formal sessions — just observation and lots of potty trips.

## WATCH FOR

Whining, pacing, sniffing in circles, sudden squat. All potty signals. Move fast.

## TONIGHT'S CHECKLIST

- ☐ Puppy has eaten and pottied outside
- ☐ Crate is set up and they've gone inside at least once
- ☐ Lights out by your puppy's normal bedtime

DAY

2

7-DAY PUPPY PLAN

# Name & Eye Contact

Your puppy turns their head when you say their name. That's the foundation for every command after this.

## WHAT TO TEACH

- 1 Sit on the floor with 10–15 small treats in your hand.
- 2 Say your puppy's name *once*, in a normal voice. The instant they look at your face, mark with "yes" and treat.
- 3 If they don't look, make a soft kissing sound — but don't repeat the name. The name only gets said once per rep.
- 4 After 5 reps, take a 60-second break. Move to a new spot in the room.
- 5 End on a win. If the last rep was great, stop there.

● **Time:** 3 sessions × 5 minutes, spread across the day.

## WATCH FOR

If they're not looking after 3 tries, they're tired or distracted. Stop and try again later — no nagging.

## TONIGHT'S CHECKLIST

- ☐ Puppy looks at you 8 out of 10 times you say their name
- ☐ Treat pouch is restocked for tomorrow
- ☐ You haven't said their name as a correction ("Bailey, no!") — only as a cue

## Sit

Your puppy sits on cue, in a quiet room, three times in a row.

## WHAT TO TEACH

- 1 Hold a treat at your puppy's nose. Slowly move it up and slightly back, over their head.
- 2 Their nose follows the treat up — and their bottom drops. The instant the bottom touches the floor, mark "yes" and treat.
- 3 Do 5 reps without saying the word "sit" yet. Just lure and reward.
- 4 Now add the cue: say "sit" just before you lure. After 10 reps, try the cue without the lure.
- 5 If they sit on the verbal cue alone — jackpot. Three treats in a row.

● **Time:** 3 sessions × 5 minutes.

## WATCH FOR

Don't push their bottom down. Don't repeat the cue. If they don't sit, reset and try again with a clearer lure.

## TONIGHT'S CHECKLIST

- ☐ Puppy sits on a verbal cue at least 3 times
- ☐ You've practiced in two different rooms
- ☐ No physical pushing or pulling

DAY

4

7-DAY PUPPY PLAN

# Crate Comfort

Your puppy goes in the crate willingly and stays for 5 minutes without crying.

## WHAT TO TEACH

- 1 Toss a treat into the back of the crate. Let them walk in, eat it, and walk out.
- 2 Repeat 10 times — door open the whole time. The crate is a vending machine.
- 3 Once they're going in eagerly, close the door for 5 seconds. Open before they protest. Treat.
- 4 Build duration: 5 sec → 15 sec → 30 sec → 1 min → 5 min. Always open before they panic.
- 5 Use a stuffed Kong or chew during longer reps. Crate = good things happen here.

● **Time:** 2 sessions × 8 minutes.

## WATCH FOR

If they cry, you went too long too fast. Go back to the last duration that worked. Don't open the door during a cry — wait for a 2-second pause, then open.

## TONIGHT'S CHECKLIST

- ☐ Puppy walks into the crate without being lured
- ☐ 5-minute closed-door session completed without crying
- ☐ Crate is associated with chews/treats, not punishment

DAY

5

7-DAY PUPPY PLAN

# Loose Leash Intro

Your puppy walks 10 feet beside you on a loose leash, indoors.

## WHAT TO TEACH

- 1 Clip the leash on. Stand still. Wait for any slack in the leash — even half a second.
- 2 The moment the leash is loose, mark "yes" and feed a treat at your side, near your knee.
- 3 Take one step. If the leash stays loose, treat at your knee again. If it goes tight — stop. Don't pull. Wait for slack, then treat.
- 4 Build to 5 steps, then 10. Always rewarding at your side, never out in front.
- 5 Practice in the hallway or living room first. Outside is for next week.

● **Time:** 2 sessions × 5 minutes.

## WATCH FOR

If you're pulling them along, you're teaching them to lean into the leash. The leash should stay loose — you are the interesting one, not the destination.

## TONIGHT'S CHECKLIST

- ☐ Puppy stays at your side for 10 steps with a loose leash
- ☐ You haven't pulled or yanked the leash today
- ☐ Leash + harness fit checked (no rubbing, slipping)

# Come

Your puppy comes when called, every single time, in your living room.

## WHAT TO TEACH

- 1 Sit on the floor across the room from a helper. Helper holds the puppy gently.
- 2 Say "[name], come!" in a happy voice. Helper releases. Reward with 3 treats and a party when they arrive.
- 3 Switch sides. Repeat 10 times. The come cue should always sound like an invitation to a party.
- 4 Once that's solid, attach the long line. Practice in the yard with the line trailing behind them.
- 5 **Never** use the come cue to do something they hate (bath, nail trim, end of playtime). Go get them for those.

● **Time:** 2 sessions × 5 minutes indoors. Add a 10-minute outdoor session if weather allows.

## WATCH FOR

If they don't come, do not chase. Run the other direction with excited noises. They'll follow.

## TONIGHT'S CHECKLIST

- ☐ Puppy comes 10/10 times across the living room
- ☐ Long line attached for at least one outdoor rep
- ☐ Come has never been used to start something unpleasant

# Review & Reward

Run through everything from the week, in short bursts. Celebrate what's working.

## WHAT TO TEACH

- 1 Morning: name + sit + come — 5 reps each. Treat for every win.
- 2 Midday: a real walk on the leash. 10 minutes. Lots of treats at your knee.
- 3 Afternoon: crate session — 10 minutes with a stuffed Kong. Quiet time for both of you.
- 4 Evening: pick the cue your puppy is best at. Show off. Take a photo.
- 5 Tonight: write down one thing your puppy nailed and one thing you'll work on next week.

● **Time:** Three short sessions plus the walk. Keep it light.

## WATCH FOR

If something has slipped backward, that's normal — puppies regress under stress, new environments, growth spurts. Re-teach calmly.

## TONIGHT'S CHECKLIST

- ☐ Name, sit, crate, come, loose leash all practiced today
- ☐ One photo or video saved
- ☐ You've decided what to focus on in week two

# The five things that pay for themselves in week one.

Five picks we'd buy ourselves. Nothing fancy, nothing gimmicky — just the gear that makes the seven days easier.

Affiliate disclosure — these are Amazon affiliate links. As an Amazon Associate, Dog Advice Hub earns from qualifying purchases at no extra cost to you. We only link to gear we'd genuinely use ourselves.

## PICK Crate

### MidWest iCrate Folding Wire Crate (with divider)

Sized to your puppy's adult weight, divided down for week one so they have just enough room to settle without using a corner as a bathroom.

[View on Amazon →](#)

Day 4 — Crate Comfort

## PICK Treats

### Zuke's Mini Naturals Training Treats

Soft, pea-sized, low-calorie. You'll go through a lot of these in week one — these break apart easily and don't crumb up your floor.

[View on Amazon →](#)

Days 2, 3, 5, 6

## PICK Long line

### Long Training Leash, 30 ft

For the early recall work on Day 6. A 30-ft line gives your puppy real distance to come from, without giving them real freedom.

[View on Amazon →](#)

Day 6 — Come

## PICK Toy

### KONG Classic (Small)

Stuff with kibble or a smear of plain yogurt and freeze. Buys you 15 minutes of quiet — useful for crate time, dinner, or just a breather.

[View on Amazon →](#)

Day 4 onward

## PICK Book

### Lucky Dog Lessons — Brandon McMillan

Featured on our homepage for a reason. Once you've done your seven days, McMillan's 7-command method is the natural next step.

[View on Amazon →](#)

After Day 7

## WHAT'S NEXT

# You finished week one. Here's where to go from here.

Three places on the site that pick up exactly where this plan leaves off.

### BROWSE

## Dog Training

Walkthroughs for sit, stay, come, leash work, and the commands that build on what you started this week.

[Browse training →](#)

### BROWSE

## Dog Behavior

Why your puppy does the weird thing they do — chewing, barking, licking the air, head tilting, zoomies. Plain explanations.

[Browse behavior →](#)

### BROWSE

## Dog Products

Honest reviews of the gear, food, and training tools we'd use ourselves — and the ones we'd skip.

[Browse products →](#)

## One more thing.

If this plan was useful, the rest of [dogadvicehub.com](https://dogadvicehub.com) is built the same way — practical, written by dog people, for dog people. No fluff, no filler, just the stuff that actually helps your dog. Bookmark us. We'll see you back there.



THANKS FOR READING.

# Train smarter. Love deeper. Watch every tail wag.

Practical dog training advice, behavior insights, and care tips — for the people raising the world's best companions.

---

## AFFILIATE DISCLOSURE

DogAdviceHub.com is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for sites to earn advertising fees by advertising and linking to Amazon.com. As an Amazon Associate we earn from qualifying purchases — at no extra cost to you.

## FIND US

[dogadvicehub.com](https://dogadvicehub.com)

Dog Training · Dog Behavior

Dog Training Books · Dog Products