

# Your 7-Day Plan to a Calmer Dog



Helping your dog feel calm starts with consistency. A routine that balances exercise, mental stimulation, and downtime reduces anxiety by meeting both physical and emotional needs. This 7-day plan gives you simple, actionable steps to support a calmer, happier companion—all while fitting into your busy lifestyle.

## 7-Day Activity Schedule

Day	Morning	Mid-Day	Evening
Monday	30-Minute Structured Walk	Puzzle Toy with Lunch	20-Minute Relaxing “Sniff” Walk
Tuesday	Fetch or Tug-of-War Play (15 Minutes)	Off Road Paws Mid-Day Adventure Walk	10-Minute Training Session (basic commands or tricks)
Wednesday	20-Minute Jog or Brisk Walk	Quiet Rest with a Chew Toy	25-Minute Sniff Walk Around the Neighborhood
Thursday	Quick Training Session + Short Walk (20 Minutes total)	Off Road Paws Hiking Adventure	Gentle Bonding Time (cuddles, brushing, or calm play)
Friday	30-Minute Structured Walk	Puzzle Feeder or Frozen Kong	Short Backyard Play Session
Saturday	45-Minute Hike or Trail Walk	Rest & Recovery (nap time in a quiet space)	Training Game (hide-and-seek with treats)
Sunday	30-Minute Run or Fetch in a Safe Area	Food Puzzle Challenge	Slow, Relaxing Sniff Walk

## Pro-Tips

- A tired dog is a happy dog! Start the day with exercise to prevent restlessness.
- Switch up your walking routes—new smells and sights calm the mind and reduce boredom.
- Keep evening activities gentle; winding down helps set the stage for restful sleep.

**Too busy to do it all? Off Road Paws is here to help!** We provide the consistent, expert-led adventures your dog needs to thrive. Schedule your free consultation today, visit us at [www.offroadpaws.com](http://www.offroadpaws.com).

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