

# YOUR HOME ALONE CHECKLIST

## Set up safe space

- Water in spill proof bowl
- Crate or comfy bed
- Safe toys or chews
- Puppy pads close to door if needed

## Meet basic needs

- Toilet pee and poo
- Play or exercise
- Food or chew
- Water given

## Comfort routine

- Play for short period
- Training or brain games
- Cuddle or gentle touch
- Soft music or white noise

## Short alone time

- Puppy settled
- Camera set up
- Goal set
- Leave quietly

DON'T FORGET TO RECORD ON  
YOUR TRACKER

