**Dog Scouts of America**

**Activity Check-Off Sheet**

**K9 Fitness Badge Requirements:**

**\_\_\_\_** **Handler can describe the importance of fitness and regular exercise for the dog’s health. Handler can describe the exercise plan they have for their dog, why it is appropriate for their dog and how they taught the dog to perform the exercise safely.**

**\_\_\_\_ Handler can explain how to warm-up and cool down the dog before and after exercise.**

**\_\_\_ Handler can safely demonstrate the exercise activities used for the log sheet (using appropriate gear, the dog is trained and fit for the level of activity, dog performs the activity safely).**

**\_\_\_\_ Handler can describe early warning signs of exhaustion or overheating, and can explain how to respond in a developing emergency situation.**

**\_\_\_ Handler keeps the dog appropriately hydrated during exercise.**

**\_\_\_ Handler can explain what makes a dog food a good healthy choice versus not so healthy with regards to contents and processing.  Can also explain why they chose to feed the food they use for their dog.**

**\_\_\_\_ Dog will demonstrate acceptance of handling paws, inspection of pads, and inspection of gums.**

**\_\_\_ Dog will demonstrate acceptance of handling for massage and passive stretching.**

**\_\_\_ Dog has been trained to do (and can demonstrate) at least two behaviors for active stretching (weaving between handler’s legs, bowing, putting paws up, etc.). Techniques have been trained using positive methods.**

**\_\_\_ Dog has been trained to do and can demonstrate at least one behavior for improving body awareness/proprioception (ladder/cavaletti work, “perches” exercise, targeting with rear feet, etc.).**

**\_\_\_ Dog has been trained to safely perform at least one muscle building exercise (exercise balls, balance**

**disks, weight pull, etc.).**

**\_\_\_ Dog participates willingly and safely in the badge check-off exercises without the need for lures or bribes.**

**\_\_\_ Dog does not create a disruption, danger to himself or others or interfere with others while participating in the chosen exercise, and handler follows any applicable rules about use of area with dogs.**

**\_\_\_ If exercise is performed on-leash, dog has good leash manners during exercise. (Formal heeling is not**

**necessary, but dog should not be pulling and dragging handler.) If pulling is part of the exercise, the dog is wearing a properly fitted V-front harness that takes the force of that pulling.**

**\_\_\_\_ Dog is a healthy weight (ribs easily palpable, waist and tuck-up visible).**

**\_\_\_\_ Dog has logged at least 2.5 hours of aerobic/cardio exercise per week for a minimum of six out of eight consecutive weeks. Exercise must be logged on a minimum of three days each week. In order to be counted, exercise must last at least 15 minutes in duration.**