**Dog Scouts of America**

**Activity check-off sheet**

**DOGa Exercise**

All behaviors must have been taught or re-taught to the dog (preferably using a new cue), using only positive reward based methods.

**\_\_\_\_\_ Handler can describe the dog’s specific body type and its implications for athletic**

**activities for the dog.**

**\_\_\_\_\_ Handler can describe the benefits of DOGa exercise and knows the specific types of**

**exercises that will benefit his/her dog, including passive and active stretching.**

**\_\_\_\_\_ Dog remains calm and easily accepts passive stretching on both front and hind limbs.**

**\_\_\_\_\_ Dog can demonstrate 3 different active stretches.**

**\_\_\_\_\_ Handler can describe the various types of equipment, including inflatable platforms**

**used for DOGa exercise and knows safety concerns to be aware of when using the**

**equipment to exercise the dog.**

\_\_\_\_\_ Handler understands how to transition passive and active stretching exercises to

Inflatable platforms in order to increase difficulty and build proficiency.

\_\_\_\_\_ Handler can describe the 3-step approach to completing DOGa exercises and why it is

used.

**\_\_\_\_\_ Dog can demonstrate three different DOGa Exercise sequences that benefit different**

**muscle groups using the 3-step method on at least 3 different inflatable platforms.**

**The dog must perform exercises with all four feet on at least one of the platforms.**

**\_\_\_\_\_ Handler has created a DOGa training plan for the dog which includes activity at least 3**

**times per week and keeps track of DOGa exercise using a training journal. The training plan is clearly designed to build difficulty as the dog gains strength and confidence.**