



SMART X 50 by Kathy Sdao

S-ee
M-ark
A-nd
R-eward
T-raining

STEP 1: Get 50 low calorie treats or pieces of kibble (from a meal) and dump them into your treat pouch. Wear it all day!

Step 2: Catch your dog doing any good behavior (this can be as simple as sitting, lying down, playing/chewing on a dog toy, going to the dog bed, greeting you without jumping, following you, going potty, being quiet, going in the crate on cue, settling, going potty outside, giving eye contact etc.

Step 3: Mark the behavior with a click or "yes".

Step 4: Treat

Step 5: Repeat 50 X

*****REMEMBER:** What gets rewarded gets repeated***

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