



CALMPAW COMPLETE PACK

Digital Training Bundle
Barking • Leash Walking • Separation Anxiety

7-Day Stop Excessive Barking Plan

7-Day Training Plan

Stop Excessive Barking

Follow this simple, step-by-step plan to reduce your dog's excessive barking in just 7 days.

Short daily sessions · Positive training · Clear progress every day

Day 1 — Track & Understand the Barking

Observation day

Start by understanding when and why your dog barks.

Write down the time, trigger, and duration of each barking episode.

Notice patterns: visitors, outside noises, boredom, separation, etc.

Keep sessions calm — today is about observing, not correcting.

Day 2 — Teach a Calm “ Focus on Me ” Cue

Foundation skill

Say your marker word and reward when your dog looks at you.

Add a cue like “ Look ” .

Practice 3–5 short sessions.

Day 3 — Introduce Controlled Triggers

Low-level practice

Play quiet doorbell sounds or mild noises.

Use “ Look ” before barking escalates.

Day 4 — Reward Quiet Moments

Change the habit

Reward silence and quick recovery from barking.

Day 5 — Add a “ Quiet ” Cue

Name the behaviour

Wait for a break in barking say “ Quiet ” reward.

Day 6 — Practice in Real-Life Situations

Generalisation

Ask a friend to ring the bell; reward calm choices.

Day 7 — Review & Long-Term Plan

Maintain progress

Continue 1–2 calm training moments per day.

10-Day Leash Walking Mastery

10-Day Training Plan

Leash Walking Mastery

A gentle, structured programme to teach your dog to walk calmly by your side.

Day 1 — Equipment & Safe Start

Choose safe gear; introduce it positively.

Day 2 — Reward “ By My Side ”

Mark and reward when your dog stays near your leg.

Day 3 — First Loose-Leash Steps Indoors

Reward loose leash; reset without tension.

Day 4 — Introduce Direction Changes

Use turns to teach your dog to follow you.

Day 5 — Controlled Outdoor Start

Move outdoors; reward check-ins.

Day 6 — Build Focus Around Mild Distractions

Use “ Look ” or “ Close ” .

Day 7 — Pattern Walking

Try figure-8s and loops.

Day 8 — Introduce Real-World Challenges

Walk past mild triggers.

Day 9 — Extend Duration & Confidence

Increase intervals slowly.

Day 10 — Real-World Walk & Long-Term Plan

Combine all skills into a full walk.

14-Day Separation Anxiety Reset

14-Day Training Plan

Separation Anxiety Reset

A gentle step-by-step schedule to help your dog feel safer when home alone.

Day 1 — Safety Check & Baseline

Prepare safe area; observe tolerance.

Day 2 — Micro Absences

5–10 second absences.

Day 3 — Predictable Leaving Routine

Practice leaving routine without leaving.

Day 4 — Calm Alone Moments

10–20 second alone moments.

Day 5 — Add Mild Sounds

Soft triggers while alone.

Day 6 — Increase Absence Duration

30–45 seconds.

Day 7 — Build Consistency

Repeat micro absences.

Day 8 — First 1–2 Minute Absence

Watch for stress signs.

Day 9 — Calm Independence Skills

Encourage independent relaxation.

Day 10 — Moderate Absences

2–3 minute absences.

Day 11 — Door Practice

Door sounds training.

Day 12 — Short Outdoor Absences

Step outside for 30–60 seconds.

Day 13 — Build Real-World Duration

2–4 minutes outside.

Day 14 — Review & Long-Term Plan

Maintain routine and adjust triggers.