

## MATERIALS LIST FOR MEASUREMENT & MOBILITY ACTIVITIES

*If you have any questions as you complete the tasks, please refer to the [Measurement & Mobility section](#) of our FAQs page located at [dogagingproject.zendesk.com](https://dogagingproject.zendesk.com).*

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*These are the materials you will need to complete all three Measurement & Mobility Activities. Each activity has its own printable instructions, including materials for each activity, but you can use this list to gather all the materials in advance if you like to prepare. For all activities, you will need to enter data in your personal portal at [portal.dogagingproject.org](https://portal.dogagingproject.org). If you feel unable to proceed with any of the three activities for any reason, you will be able to opt-out and close the tasks in your personal portal.*

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### Measuring Your Dog

- A flexible measuring tape made of flexible plastic, fabric or paper (such as the kind used for sewing). A metal, hardware tape measure will NOT work.
- A rigid piece of cardboard, a ruler, or another narrow, rigid item to use as a level. For this purpose, a magazine or other floppy item will NOT work.
- You will need two people to complete this activity. One of you will need to steady your dog while the other takes the measurements.

### Jog & Run Activity

- A large, flat space, inside or outside your house or in a public place, where you and your dog can walk *and* run *safely*, both on-leash *and* off-leash, for a 10-meter distance (32 feet, 10 inches).
- A hardware tape measure or yardstick to measure a 10-meter distance on the floor or ground.
- Masking tape, duct tape, sidewalk chalk or pet-safe spray chalk to mark the Start line and Finish line of a 10-meter course.
- “Motivators” for your dog such as treats or toys.
- Your dog’s collar or harness and leash.
- A stopwatch that can count to the nearest 0.01 seconds such as a handheld stopwatch or the stopwatch option within the clock app of a smartphone.
- You will need a minimum of two people to complete this activity, one of whom must be able to jog at least 10-meters.

## Stair Climb Activity

- Access to a *safe* set of 8 or more consecutive stairs (inside or outside) that your dog *routinely* uses off-leash with a clear line of sight from the bottom landing to the top landing. Please note that the bottom landing does not count as a stair, but the top landing does.
- If your dog does not routinely use stairs for any reason, including physical inability, or if the set of stairs does not meet all of these criteria, you can opt-out of this activity
- A flexible measuring tape to measure the height of the second stair in the set of stairs.
- “Motivators” for your dog such as treats and/or toys.
- A stopwatch that can count to the nearest 0.01 seconds such as a handheld stopwatch or the stopwatch option within the clock app of a smartphone
- You will need a minimum of two people to complete this activity, one of whom must be able to walk up a set of stairs.

**IMPORTANT: We will be asking you to repeat these activities annually. If at all possible, try to choose locations that you can use every year. However, if your location changes for any reason, that's okay! You will have the opportunity to tell us about the new location.**