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# Training Plan

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## Plan Title

**Sit/Stay**

## Plan Description

Sit stay with performed with long duration, amidst distraction and cued from a distance.

Assumes your dog already knows "sit"

Working in sets of 5. If your dog performs the cue correctly 5 out of 5, move to the next step. 3 or 4 out of 5, repeat the current step. Less than 3 out of 5, go back to the prior step  
 work Quickly

**Cust Name/ID** 1029

**Customer** **Mr John Visconti**

**Dog's Name** **Pepper**

## Step

Step No.	Description/Behavior	Consequence
1	"sit". Stand to the side of dog. Dog should be at your left. Hold right hand, open palm, with a treat in it 2ft from dog's face, eye level. 1 second. If dog stays, pay. If dog moves, jerk hand upward and say "eh!"	Pay if the dog stays in place
2	"sit". Stand to the side of dog. Dog should be at your left. Hold right hand, open palm, with a treat in it 2ft from dog's face, eye level. 3 seconds. If dog stays, pay. If dog moves, jerk hand upward and say "eh!"	Pay if the dog stays in place.
3	"sit". Stand to the side of dog. Dog should be at your left. Hold right hand, open palm, with a treat in it 2ft from dog's face, eye level. 5 seconds. If dog stays, pay. If dog moves, jerk hand upward and say "eh!"	Pay if the dog stays in place.
4	"sit". Stand to the side of dog. Dog should be at your left. Hold right hand, open palm, with a treat in it 2ft from dog's face, <b>floor level</b> . 1 second. If dog stays, pay. If dog moves, jerk hand upward and say "eh!"	Pay if the dog stays in place.
5	"sit". Stand to the side of dog. Dog should be at your left. Hold right hand, open palm, with a treat in it 2ft from dog's face, <b>floor level</b> . 3 seconds. If dog stays, pay. If dog moves, jerk hand upward and say "eh!"	Pay if the dog stays in place.
6	"sit". Stand to the side of dog. Dog should be at your left. Hold right hand, open palm, with a treat in it 2ft from dog's face, <b>floor level</b> . 5 seconds. If dog stays, pay. If dog moves, jerk hand upward and say "eh!"	Pay if the dog stays in place.
7	"sit". Stand to the side of dog. Dog should be at your left. Place food on floor 2 feet in front of dog. 1 second. If dog stays, take food off floor and pay. If dog moves, jerk hand upward and say "eh!"	Pay if the dog stays in place.
8	"sit". Stand to the side of dog. Dog should be at your left. Place food on floor 2 feet in front of dog. 3 second. If dog stays, take food off floor and pay. If dog moves, jerk hand upward and say "eh!"	Pay if the dog stays in place.
9	"sit". Stand to the side of dog. Dog should be at your left. Place food on floor 2 feet in front of dog. 5 second. If dog stays, take food off floor and pay. If dog moves, jerk hand upward and say "eh!"	Pay if the dog stays in place.