

The Puppy Daily Planner

A printable workbook for daily and weekly routines in your puppy's first year

ABOUT THIS GUIDE

This planner helps you see your puppy's day as a pattern. It holds space for feeding, toileting, sleep, play, short training sessions, grooming reminders, and mood, so you can spot what is working and bring specific notes to your vet or trainer.



Part of The New Puppy Survival Kit.

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Print as many copies as you need. Each daily log stands on its own.

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How to use this planner

A good routine is a pattern you can repeat, not a timetable you must hit to the minute.

Most new puppy owners start with a plan and then discover that their puppy wakes at odd times, naps in unexpected places, and has days that are nothing like the day before. That is normal. A planner works best when you use it to notice patterns over a week or two, then adjust.

THREE HABITS THAT MAKE THE PLANNER USEFUL

- 1 Fill in notes as things happen.** Write a short line when your puppy wakes or eats. Trying to remember at the end of the day usually produces guesses.
- 2 Record what you observed, not what you think it meant.** Write "lay down after the meal, circled twice, then slept" rather than "tired and cranky".
- 3 Review once a week.** The weekly review page is designed for this. Look for patterns, not single bad days.

UNDERSTANDING THE EXAMPLE ROUTINE

The sample routine in this planner is one example for a young puppy. Your puppy's routine depends on age, size, breed, health, household, and the advice you get from your veterinarian or breeder or rescue. Use the example to see how a day can be structured, not as a set of rules.

IMPORTANT

Some details in this planner, such as how often to feed, how much to feed, and when to start longer walks, should come from your veterinarian or the breeder or rescue who placed your puppy. Use the planner to record what you are told and what you observe.

YOUR PUPPY

Puppy profile

Keep this page current. It is the first thing a vet, groomer, or trainer will ask about.

Puppy name	Date your puppy came home
Date of birth (or best estimate)	Breed or mix (as known)
Sex and whether spayed or neutered	Color and markings
Breeder, rescue, or previous caregiver	Veterinary clinic phone

CURRENT FEEDING ROUTINE (AS GIVEN BY YOUR BREEDER, RESCUE, OR VET)

WHAT YOUR PUPPY LIKES

WHAT YOUR PUPPY FINDS DIFFICULT

WHO HELPS WITH CARE

EXAMPLE

A flexible sample routine

This example is for one young puppy on one day. Notice how potty breaks follow waking, meals, play, and naps. Your puppy will show you a different pattern, and that is useful information.

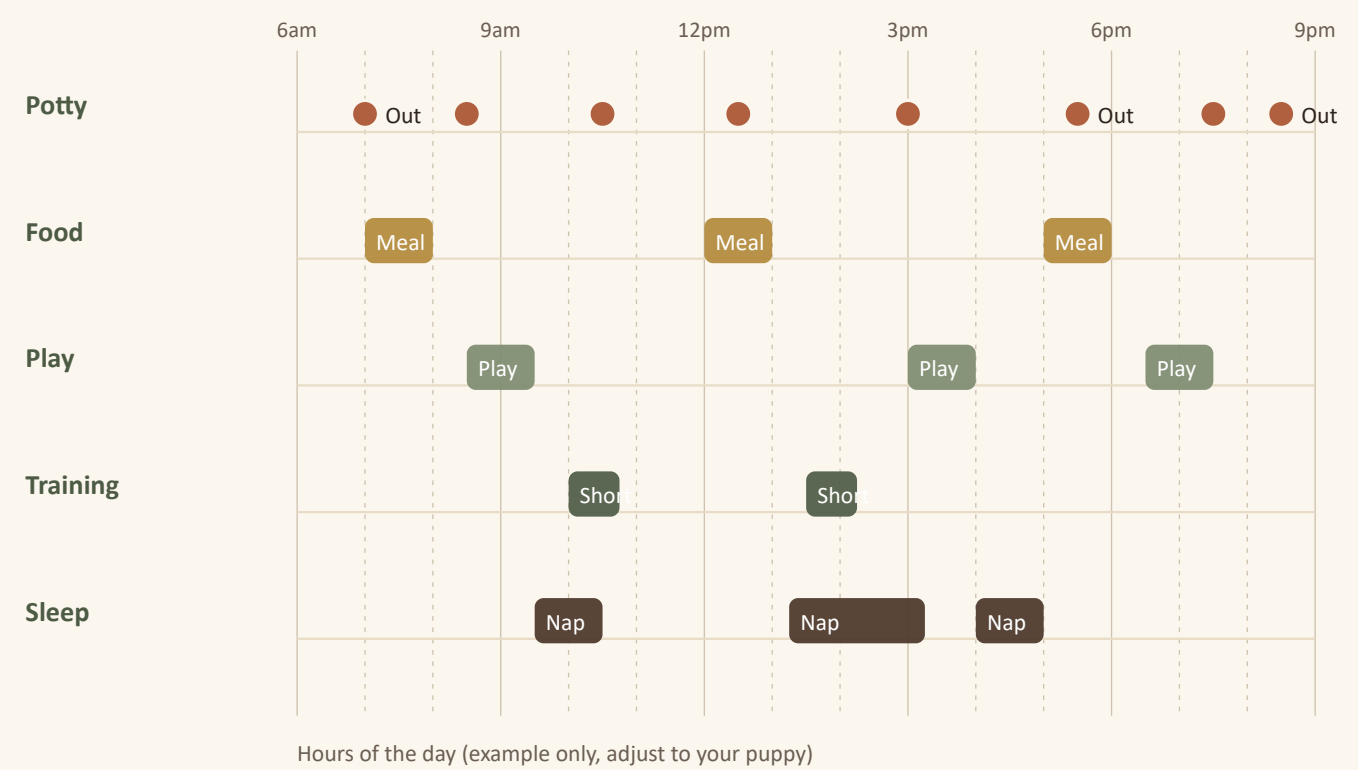


Figure 1. Example daily routine for a young puppy. Dots mark potty breaks. Bars show meals, play, short training, and sleep.

WHAT THE EXAMPLE SHOWS

- Potty breaks come soon after waking and meals, and after play.
- Play and training sessions are short and followed by rest.
- Sleep comes in several blocks, which is common for young puppies.

MAKE IT YOURS

- Note the real times your puppy wakes, eats, and rests for a week.
- Move the blocks to match your life, then keep the order of events steady.

GOOD TO KNOW

What to expect at different stages

These are general patterns, not targets. Individual puppies vary a great deal, and some developmental changes are gradual.

Area	What is common in young puppies	What to note in your planner
Sleep	Long stretches of sleep spread across the day. Puppies often wake suddenly, play hard, and then drop off quickly.	Start and end times of naps, and whether the puppy woke calm or restless.
Toileting	Frequent toilet needs, especially after waking, eating, and playing. Accidents are common while learning.	Times of outings and whether the puppy went. See the Potty Training Tracker for detail.
Food and water	Meal frequency and amounts are set by your vet, breeder, or rescue and change as the puppy grows.	What was offered, what was eaten, and water observations. See the Feeding and Growth Journal.
Play and mouthing	Bursts of energy followed by a need to rest. Mouthing and nipping are common and are part of learning.	Whether play ended in calm or in over-excitement, and what helped.
Confidence	New sounds, people, surfaces, and places can make a puppy unsure. Most puppies do best with small, positive steps.	Any signs of hesitation, hiding, or freezing, and what was happening.

WHEN TO ASK FOR HELP

Contact your veterinarian promptly if your puppy seems unusually lethargic, has trouble breathing, vomits repeatedly, has diarrhea that persists, strains to urinate, or stops eating or drinking. Use the notes in this planner to describe what you have seen.

DAILY LOG

Monday

Date _____ Puppy name _____

TOP THREE PRIORITIES FOR TODAY

Time	Potty	Food and water	Sleep	Play or walk	Training	Mood	Notes

MOOD AND BEHAVIOR

Overall day ☐ Settled ☐ Mixed ☐ Restless ☐ Overtired

NOTES AND QUESTIONS

DAILY LOG

Tuesday

Date _____ Puppy name _____

TOP THREE PRIORITIES FOR TODAY

Time	Potty	Food and water	Sleep	Play or walk	Training	Mood	Notes

MOOD AND BEHAVIOR

Overall day ☐ Settled ☐ Mixed ☐ Restless ☐ Overtired

NOTES AND QUESTIONS

DAILY LOG

Wednesday

Date _____ Puppy name _____

TOP THREE PRIORITIES FOR TODAY

Time	Potty	Food and water	Sleep	Play or walk	Training	Mood	Notes

MOOD AND BEHAVIOR

Overall day ☐ Settled ☐ Mixed ☐ Restless ☐ Overtired

NOTES AND QUESTIONS

DAILY LOG

Thursday

Date _____ Puppy name _____

TOP THREE PRIORITIES FOR TODAY

Time	Potty	Food and water	Sleep	Play or walk	Training	Mood	Notes

MOOD AND BEHAVIOR

Overall day ☐ Settled ☐ Mixed ☐ Restless ☐ Overtired

NOTES AND QUESTIONS

DAILY LOG

Friday

Date _____ Puppy name _____

TOP THREE PRIORITIES FOR TODAY

Time	Potty	Food and water	Sleep	Play or walk	Training	Mood	Notes

MOOD AND BEHAVIOR

Overall day ☐ Settled ☐ Mixed ☐ Restless ☐ Overtired

NOTES AND QUESTIONS

DAILY LOG

Saturday

Date _____ Puppy name _____

TOP THREE PRIORITIES FOR TODAY

Time	Potty	Food and water	Sleep	Play or walk	Training	Mood	Notes

MOOD AND BEHAVIOR

Overall day ☐ Settled ☐ Mixed ☐ Restless ☐ Overtired

NOTES AND QUESTIONS

DAILY LOG

Sunday

Date _____ Puppy name _____

TOP THREE PRIORITIES FOR TODAY

Time	Potty	Food and water	Sleep	Play or walk	Training	Mood	Notes

MOOD AND BEHAVIOR

Overall day ☐ Settled ☐ Mixed ☐ Restless ☐ Overtired

NOTES AND QUESTIONS

WEEKLY TRACKER

Feeding and water observations

Record what your puppy was offered and what happened. For amounts, timing, and changes, follow the instructions from your veterinarian. The Puppy Feeding and Growth Journal has more space for detailed records.

Day	Meal times	Amount offered (as instructed)	Amount eaten (rough)	Water noticed	Notes

THINGS TO TELL YOUR VET

WEEKLY TRACKER

Sleep and nap log

Young puppies often sleep in short bursts and need quiet spaces. This log helps you see whether naps happen in a quiet, predictable place, and whether tiredness shows up as calm rest or as wild play.

Date	Nap start	Nap end	Where	Woke up calm or restless	Notes

TIP

Watch for signs of an overtired puppy: sudden biting, zoomies followed by crying, or refusing to settle. A quieter space and an earlier nap often help. Record what you see here.

PLANNING

Play, walks, and enrichment

Enrichment means giving your puppy things to sniff, chew, carry, figure out, and explore at a pace it can manage. Short, varied sessions are usually better than long, exhausting ones. Ask your vet when longer walks and outdoor exercise are appropriate for your puppy.

Activity	Planned for (day and time)	How long	Went well?	Notes
Sniff walk (short, on a leash)			☐ yes ☐ partly	
Sniffing game with treats in a towel			☐ yes ☐ partly	
Chew or lick mat			☐ yes ☐ partly	
Puzzle toy (simple, supervised)			☐ yes ☐ partly	
Gentle tug or fetch (if suitable)			☐ yes ☐ partly	
Quiet cuddle and sleep time			☐ yes ☐ partly	
New item or surface (see Socialization Book)			☐ yes ☐ partly	

PLAY RULES THAT KEEP THINGS SAFE

- ☐ Stop play before your puppy is overtired or overexcited.
- ☐ Keep hands and feet out of play. Give a toy instead.
- ☐ Supervise chewing and check toys often for damage or loose parts.
- ☐ Ask your vet before starting any new exercise plan or long walk.

TRAINING LOG

Short training sessions

Keep sessions to a few minutes and end while your puppy is still enjoying them. The Puppy Training Workbook describes each skill. Use this log to record what you practiced and how it went.

Date and time	Skill practiced	Repetitions	Puppy engagement	Reward used	Ended on a success?	Notes

Engagement scale ☐ Keen ☐ Steady ☐ Distracted ☐ Done for now

REMEMBER

If your puppy is consistently distressed, fearful, or aggressive during handling or training, record the details and talk with your vet or a qualified, reward-based trainer. Do not push through it.

REMINDERS

Grooming and care reminders

Your groomer, vet, or breeder can tell you how often each task is needed for your puppy's coat and body. Enter those frequencies here. For detailed records and technique notes, see the Puppy Grooming and Everyday Care Planner.

Task	How often (as advised)	Last done	Next due	Done
Brushing				☐
Bath (only as advised)				☐
Nail check or trim (by a professional unless trained)				☐
Teeth brushing with pet toothpaste				☐
Ear check (look only, see your vet for cleaning)				☐
Gentle handling practice (paws, mouth, ears)				☐
Vet or groomer appointment				☐

SAFETY NOTE

Do not put cotton swabs in your puppy's ear canal, and do not cut nails to the quick. If you are unsure how to do a task, ask your vet or a qualified groomer to show you.

OBSERVATIONS

Mood and behavior observations

Write what you saw, what came before it, and what happened next. Patterns across several days are more useful than a single note.

Date and time	What I saw	What came before	What happened next	Did it ease?

SIGNS TO SHARE WITH YOUR VET OR TRAINER

- ☐ Pulling away, hiding, or freezing that does not ease
- ☐ Growling, snapping, or biting that is new or escalating
- ☐ Trembling, panting, or drooling that happens without an obvious cause
- ☐ Changes in appetite, sleep, or toilet habits

EVERY SEVEN DAYS

Weekly review

Set aside ten minutes at the end of each week. Read through your daily logs, then answer the questions below.

Week starting _____ Week ending _____

PATTERNS I NOTICED

TIMES OF DAY THAT WENT WELL

TIMES OF DAY THAT WERE HARD

ONE CHANGE I WILL TRY NEXT WEEK

QUESTIONS FOR MY VET, BREEDER, OR TRAINER

RATING FOR THE WEEK (MY OWN IMPRESSION)

Overall ☐ Smooth ☐ Mostly fine ☐ Bumpy ☐ Very hard

Notes

Your puppy has sudden changes in appetite, energy, or toileting, shows pain or distress, or has any emergency signs. For urgent concerns, contact your veterinarian or nearest emergency veterinary service right away. This planner records observations. It does not diagnose or treat conditions.