Puppy Training Schedule by Age

What to teach each week from 8 to 24 weeks, plus a sample daily routine.

About Your Puppy

PUPPY'S NAME

START DATE

AGE AT START

TRAINING GOAL

Week-by-Week Schedule (8–24 Weeks)

Ages are a guide, not a deadline. Stay on a week until your puppy finds it easy, then move on. Keep sessions to 3–5 minutes, several times a day. Based on the Puppy Kindergarten research of Brian Hare and Vanessa Woods at Duke.

AGE	FOCUS	WHAT TO PRACTICE	DONE
8–9 weeks	Settling in, name, potty routine	Say their name, reward eye contact. Take them out after waking, eating, play and naps. Introduce the crate as a cozy den with meals inside.	
10–11 weeks	Pointing games, sit, gentle handling	Hide a treat under one of two cups and point to it. Lure a sit. Touch paws, ears and mouth for a treat to prepare for vet visits.	
12–13 weeks	Socialization, bite inhibition, come	New sounds, surfaces and calm people every day, at a distance your puppy enjoys. End play when teeth hit skin. Short recalls indoors.	
14–16 weeks	Leash, down, short alone time	Leash on indoors, reward walking beside you. Lure a down. Practice a few minutes of calm alone time with a chew.	
17–20 weeks	Self-control: wait, leave it, stay	Wait at doors and food bowls, leave it with a covered treat, a few seconds of stay. Expect some backsliding while teething.	
21–24 weeks	Real-world practice and polish	Take known cues to new places with more distraction. Keep sessions short and celebrate the easy wins.	

Dognition · dog cognition science from Dr. Brian Hare & Vanessa Woods, authors of The Genius of Dogs and Puppy Kindergarten. Always confirm vaccines and schedules with your veterinarian. © 2026 Dognition, LLC · dognition.com

Three Things to Remember

- Several 3–5 minute sessions a day beat one long lesson. Stop while your puppy still wants more.
- Train right after a potty break and before a nap, when your puppy is alert but not overtired.
- Puppies can follow a human point from a very young age. Pointing and name games build attention.

Track house training: Puppy Potty Training Log — dognition.com/puppy-potty-training-log

Socialization roadmap: Puppy Kindergarten Starter Checklist — dognition.com/puppy-kindergarten-checklist

A Sample Daily Routine

Build the day around potty breaks, meals and naps. Adjust the times to your household.

WHEN	WHAT	YOUR TIMES
Wake-up	Straight outside to potty, then breakfast	
After breakfast	Potty break, 3–5 minutes of training, play	
Mid-morning	Nap in the crate or pen	
Midday	Potty, lunch, a short socialization outing	
Afternoon	Nap, potty, a pointing or name game	
Evening	Dinner, potty, calm play and handling practice	
Bedtime	Last potty break, then quiet crate time	

Notes & Wins

WHAT WENT WELL THIS WEEK? WHAT NEEDS ANOTHER WEEK?

Every puppy develops at their own pace. If something isn't working, go back a week and build up again. Ask your vet before socialization outings if vaccines aren't complete.

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