

8-WEEK PUPPY DAILY SCHEDULE

Free printable from [Daily Pet Blueprint](#)



Puppy's name: _____

Week starting: _____

Wake-up time: _____

The golden rule: about 1 hour awake, then about 2 hours asleep. Potty break every time they wake, eat or play.

DAILY ROUTINE (TICK EACH BLOCK, MARK ACCIDENTS WITH AN X)

Time	Activity	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 AM	Wake and potty break	☐	☐	☐	☐	☐	☐	☐
7:00 AM	Breakfast and water	☐	☐	☐	☐	☐	☐	☐
7:20 AM	Potty break	☐	☐	☐	☐	☐	☐	☐
7:30 AM	Play and handling	☐	☐	☐	☐	☐	☐	☐
8:00 AM	Crate nap #1	☐	☐	☐	☐	☐	☐	☐
10:30 AM	Potty break and garden time	☐	☐	☐	☐	☐	☐	☐
11:00 AM	Crate nap #2	☐	☐	☐	☐	☐	☐	☐
12:30 PM	Lunch and potty break	☐	☐	☐	☐	☐	☐	☐
1:00 PM	Afternoon nap	☐	☐	☐	☐	☐	☐	☐
4:00 PM	Potty break and play	☐	☐	☐	☐	☐	☐	☐
5:30 PM	Dinner and potty break	☐	☐	☐	☐	☐	☐	☐
7:00 PM	Calm chew or lick mat	☐	☐	☐	☐	☐	☐	☐
8:00 PM	Water bowl up	☐	☐	☐	☐	☐	☐	☐
10:00 PM	Final potty and bedtime	☐	☐	☐	☐	☐	☐	☐
2:00 AM	Night potty break	☐	☐	☐	☐	☐	☐	☐

☐ Meal ☐ Crate nap ☐ Potty, play or training

NIGHT CHECKLIST

- ☐ Water bowl up by 8:00 PM
- ☐ Calm chew or lick mat, no rough play
- ☐ Quiet final potty at 10:00 PM
- ☐ Crate ready: chew, blanket, white noise
- ☐ Alarm set for 2:00 AM potty break

OVERTIRED? IT'S NAP TIME IF YOU SEE

- Sudden zoomies
- Harder biting at hands and ankles
- Grabbing clothes or furniture
- Barking or growling at you in play
- Ignoring their name