

Daily Puppy Schedule

Goldendoodle Lovely

Puppy Name:

Young puppies do best with structure. A simple routine helps with potty training, sleep, and calm behavior in your home. Plan potty breaks after waking, after meals, after play, and before naps.

Sample Daily Routine

6:00 AM Wake up. Potty break outside. Short playtime.
7:00 AM Breakfast. Potty break after eating. Short play session or training
9:00 AM Rest time in crate or puppy-safe area. Provide a chew toy.
11:00 AM Potty break. Short play session or supervised indoor time.
12:00PM Lunch. Potty break after eating. Calm interaction.
1:00 PM Rest time in crate or puppy-safe area.
3:00 PM Potty break. Playtime outside or gentle activity or training.
5:00 PM Rest time in crate or puppy-safe area.
7:00 PM Dinner. Potty break after eating. Family interaction and training
10:00 PM Final potty break. Bedtime in crate.

Helpful Guidelines

- Take your puppy outside after waking, after eating, after play, and before naps.
- Supervise your puppy during playtime inside the home.
- Use baby gates, playpens, or a leash indoors if needed.
- Keep play sessions short. Several short sessions work better than one long one.
- Most puppies sleep 16 to 20 hours each day.

Simple Routine Reminder

Simple rhythm to remember during the day:

- Wake up ® Potty break ® Play for 15 to 30 minutes.
- Rest time in crate or puppy-safe space.
- Repeat this cycle through the day.

Young puppies need frequent rest and many naps.