

Puppy Potty Training

A 7-Day Routine & Tracker

A simple way to spot your puppy's patterns, plan potty breaks, and celebrate progress—one day at a time.

PUPPY'S NAME _____

START DATE _____

THE ROUTINE: KEEP IT SIMPLE

- 1 Take your puppy to the chosen potty spot after waking, meals, naps, and active play.
- 2 Stay with your puppy and give them a quiet moment to sniff and settle.
- 3 When they finish in the right place, reward them right away with praise and a small treat.
- 4 Indoors, supervise closely and watch for sniffing, circling, or suddenly wandering away.
- 5 If there's an accident, stay calm, clean the spot thoroughly, and return to the routine. Don't punish after the fact.

A HELPFUL REMINDER

Every puppy is different. Use this tracker to notice your puppy's own rhythm, not to force a rigid schedule. Accidents are information: note what happened just before them and adjust supervision or timing.

Based on reward-focused, consistent practice.

Your 7-Day Potty Tracker

Write down the time and outcome of each planned trip. Add a check when your puppy goes in the right place and is rewarded.

In each box, note the time and mark: ☐ Pee ☐ Poop ☐ Rewarded
If there's an accident, note the time and what happened just before it.

DAY / DATE	WAKE-UP	AFTER MEAL	AFTER NAP / PLAY	BEFORE BED	ACCIDENT / NOTES
DAY 1 Date: _____	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	_____ _____
DAY 2 Date: _____	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	_____ _____
DAY 3 Date: _____	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	_____ _____
DAY 4 Date: _____	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	_____ _____
DAY 5 Date: _____	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	_____ _____
DAY 6 Date: _____	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	_____ _____
DAY 7 Date: _____	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	Time: _____ ☐ Pee ☐ Poop ☐ Rewarded	_____ _____

WHAT COUNTS AS PROGRESS?

More successful trips, fewer accidents, or clearer patterns are all useful progress. Keep rewarding the behavior you want, and adjust the routine as your puppy grows.

Look for the pattern

At the end of the week, use your notes to make the routine easier—not stricter.

MY PUPPY'S WEEK

The most predictable potty times were:

Before going, my puppy often:

Accidents were most likely when:

One routine change I'll try next week:

IF AN ACCIDENT HAPPENS

Interrupt gently only if you catch your puppy in the act, then take them to the right spot. Clean accidents thoroughly and note the timing. A sudden change in a puppy who was doing well—or signs that they feel unwell—deserves a conversation with your veterinarian.

Want the complete step-by-step plan?

Explore “Potty Training Your Puppy: Teach Them Where (and When) to Go” from Dogs Energies.

Sources: AKC, “How to Potty Train Your Puppy”; AVSAB, “Housetraining Tips” and “Humane Dog Training Position Statement.”
This printable is educational and does not replace individualized veterinary advice.