HouseTrainedPup

Potty schedule: 10-week-old puppy

Out about every 1.5 to 2 hours while awake, plus after naps, meals and play. Most still need 1 night trip, sometimes 2.

Puppy's name _____

Vet's phone _____

Find the column for the time your puppy wakes up and follow it down. Shaded rows are trips outside. Night rows continue the same clock.

UP AT 6 AM	UP AT 7 AM	UP AT 8 AM	WHAT HAPPENS	OUTSIDE
6:00 AM	**7:00 AM**	**8:00 AM**	Wake up: straight outside to the potty spot	✓
6:10 AM	**7:10 AM**	**8:10 AM**	Breakfast (meal 1 of 4)	
6:25 AM	**7:25 AM**	**8:25 AM**	Potty break after breakfast	✓
6:35 AM	**7:35 AM**	**8:35 AM**	Play and a short training session	
7:15 AM	**8:15 AM**	**9:15 AM**	Potty break, then nap	✓
8:45 AM	**9:45 AM**	**10:45 AM**	Wake from nap: potty break	✓
8:55 AM	**9:55 AM**	**10:55 AM**	Supervised play and chew time	
10:00 AM	**11:00 AM**	**12:00 PM**	Potty break	✓
10:10 AM	**11:10 AM**	**12:10 PM**	Lunch (meal 2 of 4)	
10:25 AM	**11:25 AM**	**12:25 PM**	Potty break after lunch, then nap	✓
12:00 PM	**1:00 PM**	**2:00 PM**	Wake from nap: potty break	✓
12:10 PM	**1:10 PM**	**2:10 PM**	Training and play	
1:15 PM	**2:15 PM**	**3:15 PM**	Potty break	✓
1:25 PM	**2:25 PM**	**3:25 PM**	Afternoon meal (meal 3 of 4)	
1:40 PM	**2:40 PM**	**3:40 PM**	Potty break after eating, then nap	✓
3:15 PM	**4:15 PM**	**5:15 PM**	Wake from nap: potty break	✓
3:25 PM	**4:25 PM**	**5:25 PM**	Play and family time	
4:45 PM	**5:45 PM**	**6:45 PM**	Potty break	✓
5:00 PM	**6:00 PM**	**7:00 PM**	Dinner (meal 4 of 4)	
5:15 PM	**6:15 PM**	**7:15 PM**	Potty break after dinner	✓
5:30 PM	**6:30 PM**	**7:30 PM**	Quiet time or nap	
7:00 PM	**8:00 PM**	**9:00 PM**	Wake from nap: potty break	✓
7:10 PM	**8:10 PM**	**9:10 PM**	Calm play	
8:15 PM	**9:15 PM**	**10:15 PM**	Potty break, then wind down	✓
NIGHT				
9:30 PM	**10:30 PM**	**11:30 PM**	Last potty break, then bed in the crate	✓
1:00 AM	**2:00 AM**	**3:00 AM**	Night trip: quiet and boring, straight back to bed	✓

Every trip, same steps

1. Same door, same spot, on a leash.
2. Say one calm cue word, like "go potty".
3. Praise and a treat right away, while you're still outside.
4. Night trips: lights low, no play, straight back to bed.
5. Accident? No scolding. Clean with an enzymatic cleaner.

Call your vet if your puppy

- pees much more often, or strains or cries when peeing
- has blood in the urine or drinks far more than usual
- starts having accidents after weeks of being reliable
- has diarrhea that lasts more than a day

General guidance, not veterinary advice. Worried? Call your vet.