HouseTrainedPup

Potty schedule: 16-week-old puppy

Out every 3 to 4 hours while awake, plus after naps, meals and active play. Many sleep through; some still need 1 night trip.

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	✓
6:15 AM	**7:15 AM**	**8:15 AM**	Breakfast (meal 1 of 3)	
6:30 AM	**7:30 AM**	**8:30 AM**	Potty break after breakfast	✓
6:45 AM	**7:45 AM**	**8:45 AM**	Walk, play and training	
8:00 AM	**9:00 AM**	**10:00 AM**	Potty break, then nap	✓
10:00 AM	**11:00 AM**	**12:00 PM**	Wake from nap: potty break	✓
10:15 AM	**11:15 AM**	**12:15 PM**	Play, chew and training	
11:00 AM	**12:00 PM**	**1:00 PM**	Lunch (meal 2 of 3)	
11:15 AM	**12:15 PM**	**1:15 PM**	Potty break after lunch, then nap	✓
2:00 PM	**3:00 PM**	**4:00 PM**	Wake from nap: potty break	✓
2:15 PM	**3:15 PM**	**4:15 PM**	Walk, play and socializing	
4:30 PM	**5:30 PM**	**6:30 PM**	Dinner (meal 3 of 3)	
4:45 PM	**5:45 PM**	**6:45 PM**	Potty break after dinner	✓
5:00 PM	**6:00 PM**	**7:00 PM**	Family time, then nap	
7:00 PM	**8:00 PM**	**9:00 PM**	Potty break	✓
7:15 PM	**8:15 PM**	**9:15 PM**	Calm play and chewing	
NIGHT				
9:30 PM	**10:30 PM**	**11:30 PM**	Last potty break, then bed	✓
2:00 AM	**3:00 AM**	**4:00 AM**	Night trip only if your puppy wakes and asks	✓

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.