Clock change plan for your dog

Shift a little each day the week before. Same portions, new times.

PupShift
pupshift.sites.tab.bot/en/guides/dog-daylight-saving-time/

Our dog

Dog's name

Clock change date

Medicine at set times? (ask your vet)

The week before (write the times on the old clock)

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
Morning walk						
Dinner						
Evening walk						
Bedtime						

New daily times (from the change)

	Time	Who
Breakfast		
Morning walk		
Afternoon walk		
Dinner		
Evening walk		

Before the change

- [ ] Everyone knows the new times
- [ ] Check the record before you feed
- [ ] Reflective collar or leash and a light for dark walks
- [ ] Kids walk with an adult once it's dark
- [ ] Spring: same plan, but earlier each day

Notes

How is your dog settling? Anything to tell the vet?