Puppy's first 30 days

Tick each box when it's done. Same words and same routine for everyone at home.

PupShift
pupshift.sites.tab.bot/en/guides/puppy-first-week-routine/

Our puppy

Puppy's name and age

Vet name & phone

Out-of-hours emergency vet

Food and amount (from the vet or label)

Before the puppy arrives

- [ ] Food, bowls, bed or crate, chew toys
- [ ] Collar or harness, leash, ID tag with phone
- [ ] House puppy-proofed, gates on stairs
- [ ] Vet chosen, first visit booked
- [ ] Family agreement: who feeds, who takes trips out
- [ ] Same words for 'outside', 'good' and 'no'

Week by week

	Week 1	Week 2	Week 3	Week 4
Meals at set times				
Out after sleep, meals and play				
Potty log filled in				
Night shifts shared (who)				
New people, sounds, surfaces (gently)				
Name, sit, come (a few minutes)				
Toy instead of hands when biting				
Short alone time, low-key goodbyes				
Leash indoors (outside when the vet says OK)				

Daily tick: routine kept

Days							
1–7							
8–14							
15–21							
22–28							
29–30							

Ask the vet and check the rules

- [ ] Asked the vet: food amounts, vaccines, parasite protection
- [ ] Asked the vet when it's safe to go out and meet other dogs
- [ ] Microchip registered in our name (where required)
- [ ] Checked local rules: rabies vaccine, licence or registration
- [ ] Week 4 family look back done