HouseTrainedPup

Puppy potty schedule cheat sheet

Every age from 8 weeks to 6 months on one page.

COURTESY OF

AGE	OUT WHILE AWAKE	NIGHT TRIPS	MEALS	BEDTIME POTTY (7 AM WAKE)
8 weeks	Every 1-2 hours	1-2 trips	4 a day	10:30 PM
10 weeks	Every 1.5-2 hours	1-2 trips	4 a day	10:30 PM
12 weeks	Every 2-3 hours	0-1 trips	4 a day	10:30 PM
16 weeks	Every 3-4 hours	0-1 trips	3 a day	10:30 PM
6 months	Every 4-5 hours	Usually none	2 a day	10:30 PM

Always go out right after

- waking up, in the morning and from every nap
- eating, within 5 to 30 minutes
- drinking a lot of water
- play, chewing or any burst of excitement
- the last thing before 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, outside.
4. Accident? No scolding. Clean with an enzymatic cleaner.

The hours-per-month rule

A resting puppy can usually hold it for about one hour per month of age, give or take an hour. Treat that as a limit for nights and alone time, not a target: an awake, playing puppy needs to go much sooner. Very young and toy-breed puppies may need to go every hour.

Call your vet if your puppy

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

Accident log: mark the time of any accident

DAY	WAKE-UP	MORNING	MIDDAY	AFTERNOON	EVENING	BEDTIME	NIGHT
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Shelters, rescues and trainers: print as many as you like and add your name, logo or stamp in the box above.

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