HouseTrainedPup

# Potty schedule: 8-week-old puppy

Puppy's name _____

Vet's phone _____

**Out every 1 to 2 hours while awake, plus after every nap, meal, drink and play session.**
**Expect 1 to 2 quiet trips at night.**

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: carry your puppy 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, handling and short training (5 minutes) | |
| 7:00 AM | 8:00 AM | 9:00 AM | Potty break, then nap in the crate or pen | ✓ |
| 8:30 AM | 9:30 AM | 10:30 AM | Wake from nap: potty break | ✓ |
| 8:40 AM | 9:40 AM | 10:40 AM | Play and explore (supervised) | |
| 9:15 AM | 10:15 AM | 11:15 AM | Potty break, then nap | ✓ |
| 10:15 AM | 11:15 AM | 12:15 PM | Wake from nap: potty break | ✓ |
| 10:20 AM | 11:20 AM | 12:20 PM | Lunch (meal 2 of 4) | |
| 10:35 AM | 11:35 AM | 12:35 PM | Potty break after lunch | ✓ |
| 10:45 AM | 11:45 AM | 12:45 PM | Short training session: name, sit, crate games | |
| 11:15 AM | 12:15 PM | 1:15 PM | Potty break, then nap | ✓ |
| 12:45 PM | 1:45 PM | 2:45 PM | Wake from nap: potty break | ✓ |
| 12:55 PM | 1:55 PM | 2:55 PM | Play and chew time | |
| 1:30 PM | 2:30 PM | 3:30 PM | Potty break | ✓ |
| 1:40 PM | 2:40 PM | 3:40 PM | Afternoon meal (meal 3 of 4) | |
| 1:55 PM | 2:55 PM | 3:55 PM | Potty break after eating, then nap | ✓ |
| 3:30 PM | 4:30 PM | 5:30 PM | Wake from nap: potty break | ✓ |
| 3:40 PM | 4:40 PM | 5:40 PM | Play, walk around the yard, meet the family | |
| 4:30 PM | 5:30 PM | 6:30 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 | |
| 6:45 PM | 7:45 PM | 8:45 PM | Wake from nap: potty break | ✓ |
| 7:00 PM | 8:00 PM | 9:00 PM | Calm play and chewing | |
| 8:00 PM | 9:00 PM | 10:00 PM | Potty break, then wind-down time | ✓ |
| 8:15 PM | 9:15 PM | 10:15 PM | Wind-down time or nap | |
| NIGHT | | | | |
| 9:30 PM | 10:30 PM | 11:30 PM | Last potty break, then bed in the crate | ✓ |
| 12:30 AM | 1:30 AM | 2:30 AM | Night trip: quiet, lights low, straight back to the crate | ✓ |
| 3:30 AM | 4:30 AM | 5:30 AM | Second night trip if your puppy wakes | ✓ |

## 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.