HouseTrainedPup

Potty schedule: 8-week-old puppy

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.

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: 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.