

THE IDEAL *Lifestyle Framework*

Explore this 6-step guide to discover what truly makes your dog thrive. Uncover the 'why' behind your dogs behaviours, helping you to address behaviours with insight and empathy. Gain a complete picture of your dog's well-being to better understand and meet their unique needs.

HEALTH

Health can have a huge factor on behaviour and can often be a cause to new or sudden changes

- Does your dog have any existing / known health issues?
- Are there any known allergies or other symptom flareups?
- What diet is your dog on?
- When was their last complete vet check?
- What time of day and how does your dog get fed?
- How is their overall mental state?

MENTAL STIMULATION

Mental stimulation is like hobbies for dogs, activities which tire and challenge their brain.

- Where do you walk your dog & how often?
- What level of socialisation do they get?
- Do they/how do they play with toys?
- Do they do any puzzles/extra activities?
- Do they mischievous behaviours (digging, stealing items, chewing things)?

OUTLETS

An outlet is an expression of a natural animal behaviour e.g. digging, running, biting, etc.

- How many opportunities does your dog get to sniff and explore when out?
- What natural behaviours do they present (digging, chewing, chasing, licking)?
- Do they have evening zoomies?
- Do they interact with chew toys?
- What was the breed of your dog originally used for?

BOND

Bond is the connection and relationship between us and our dogs.

- What type of relationship balance do you hold? (respect, alpha, mothering, mutual, fun only, etc.)
- Do you ever get frustrated at your dog?
- What types of activities do you and your dog do together?
- Where does your dog sleep?
- Who does all the cleaning and general care of your dog?

TRAINING

Training is how we encourage or discourage behaviours in our dogs, teach them rules and increase their knowledge.

- What level of training do they hold?
- Have you introduces rules and boundaries in your household?
- How often do you currently train?
- Do they listen to you at home, do they outside of the house?
- Do you have to repeat a command or always tell them what to do?

DAY PLANNING

Day planning is understanding our dogs needs and limits and forming a schedule around this. E.g. if bin day is particularly stressful you may avoid a walk that day instead.

- Do you have any current day planning schedules or routines?
- What are your dogs triggers?
- How much do they sleep in a 24hr period?
- How many activities do they engage in each day?

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Client Name:

Using the prompt questions as a guide, fill out this work sheet to uncover a complete picture of where your dog currently stands in each aspect of thier life

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MENTAL STIMULATION

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