

Engagement & Reward Discovery Worksheet

Goal: Build trust, increase focus, and identify what motivates your dog.

Part 1: Name Game

- Stand or kneel in front of your dog in a quiet space.
- Say your dog's name in a cheerful, upbeat tone.
- The moment they make eye contact, mark the behavior with 'Yes!' or a click, then reward.
- Repeat 5 times in a row, 3 times daily for 3-5 days.

Tips:

- *Keep the energy positive, but not over-excited.*
- *Practice at different times of day and in multiple locations.*

Part 2: Reward Finder

Test different reward types (food, toys, affection, or play) during low-distraction sessions and note your dog's reactions.

Food-based rewards:

- High-value (cheese, chicken): _____
- Mid-value (kibble, treats): _____

Toy/play rewards:

- Tug toy: _____
- Ball or fetch: _____

Praise/affection:

- Verbal praise: _____
- Petting or belly rubs: _____

Top 3 Rewards

1. _____
2. _____
3. _____

Observation Notes
