A Typical Training Session (15 - 30 minutes) might be:

Ignore JM Behavior/Reward Calm Behavior (2-3 minutes)

Play (1-2 minutes)/Train (1-2 minutes) *2-4 Minutes Total, Repeat 2-3 Times

Ignore JM Behavior/Reward Calm Behavior (1-2 minutes)

Play (1-2 minutes)/Train (1 minute) *2-3 Minutes Total, One Time

Crate Training (2-3 minutes)

Quiet Time (5-10 minutes)