

# SAMPLE TRAINING PLAN JUMPY/MOUTHY

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)**