

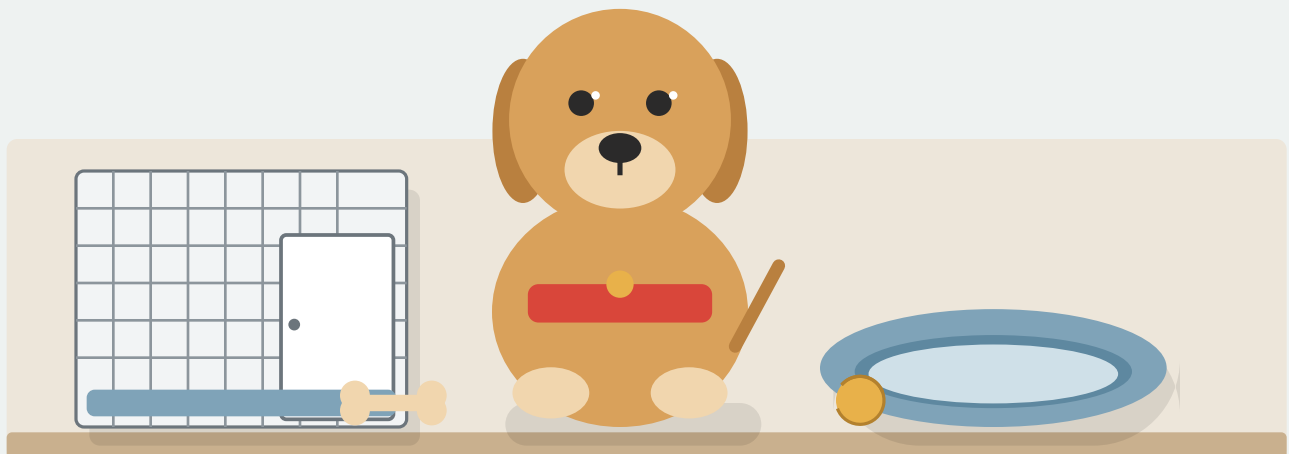
The First 30 Days Puppy Planner

House training, crate, sleep, biting and socialising,
one calm day at a time.

TOILET · CRATE · SLEEP · BITE · SOCIALISE

A 30-day plan + six printable worksheets

STUDIO SAMPLE · GENERAL PUPPY-CARE GUIDANCE, NOT VETERINARY ADVICE



The first month sets the next ten years.

A puppy's first weeks at home are the easiest time to build habits and the worst time to guess. This planner gives you a routine and a place to keep score.

The American Kennel Club's house-training advice is refreshingly plain: take the puppy out after every sleep, meal, drink and play; praise immediately when they go in the right place; never punish accidents. [1] The AVSAB adds the second big idea: the first three months are the window when sociability outweighs fear, so gentle new experiences now prevent problems later. [3] This planner turns both into a daily rhythm you can actually keep.



By the end, you will have...

A daily schedule that fits your day, a toilet log that shows the pattern, a crate and sleep routine, a socialisation checklist, a training tracker and a week-by-week plan for the whole first month.

How to use this edition

Read pages 4-8 before or during the first days. Pages 9-16 cover the five big skills. Pages 17-23 cover fixes, a week-by-week plan and when to ask for help. Print the worksheets on pages 24-29 and keep the summary on page 30.

A STUDIO SAMPLE, READ THIS FIRST

Created by Forgewick in September 2026 to show the quality of our ebook work. It is general puppy-care guidance, not veterinary or behavioural advice: breeds, ages and puppies differ, so follow your vet's advice on vaccinations, worming, diet and any health concern. A partner edition is built from the creator's own methods and the questions their audience asks.

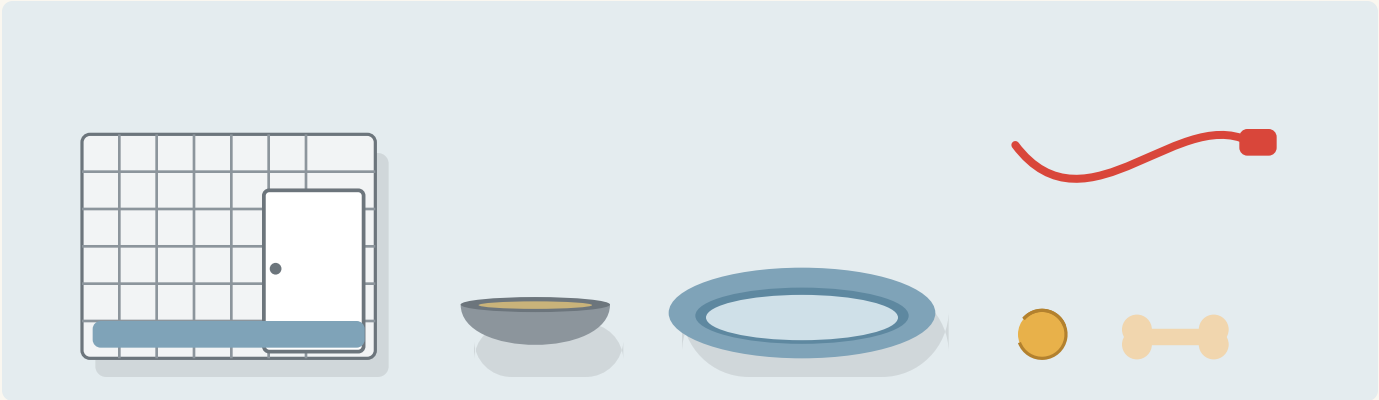
Four sections. One settled puppy.

Follow the whole guide, or tap a section to go straight to what you need today.

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- | | | |
|----|---|----|
| 01 | <h2>Ready for day one</h2> <p>Setting up, puppy-proofing, the first 24 hours and a daily rhythm.</p> | 04 |
| 02 | <h2>The five big skills</h2> <p>Toilet training, crate, sleep, biting and socialising, plus first cues.</p> | 09 |
| 03 | <h2>Settle and fix</h2> <p>Troubleshooting, a week-by-week plan and when to ask for help.</p> | 17 |
| 04 | <h2>Keep the useful tools</h2> <p>Six printable worksheets and a one-page summary.</p> | 24 |
-
- The goal is not a perfectly trained dog in a month. It is a puppy that trusts you, and a routine you can keep.*

What to have before the puppy arrives.

Less than the pet shop suggests. The right size crate matters more than anything.



Item	Why it matters	Notes
Crate with a divider	A den for sleep and a house-training tool. Big enough to stand, turn and lie down; not so big they can toilet in a corner. [1][2]	Use the divider as they grow.
Playpen or baby gates	A safe space when you cannot watch them.	Protects the puppy and your furniture.
Two bowls + puppy food	Several small meals a day suit most puppies. [1]	Ask the breeder or rescue what they are eating now.
Collar/harness, lead, ID tag	For toilet trips and the first walks once your vet says so.	Check local ID and microchip rules.
Chew toys, a stuffable food toy	A legal outlet for teething and something to love about the crate. [2][4]	Keep one within reach at all times. [4]
Enzymatic cleaner	Removes the smell that invites repeat accidents. [1]	Ordinary cleaners do not.

Puppy-proof the ground floor of your life.

Ten minutes on your hands and knees now saves a vet bill later.

01 Cables, cords and chargers

Tuck them away or cover them. Puppies chew what they find.

02 Small things at nose height

Shoes, socks, remotes, kids' toys, coins, hair ties. Up, away or behind a gate.

03 Food, bins and medicines

Closed cupboards and a lidded bin. Some human foods and plants are dangerous to dogs; keep a list from your vet.

04 Stairs and balconies

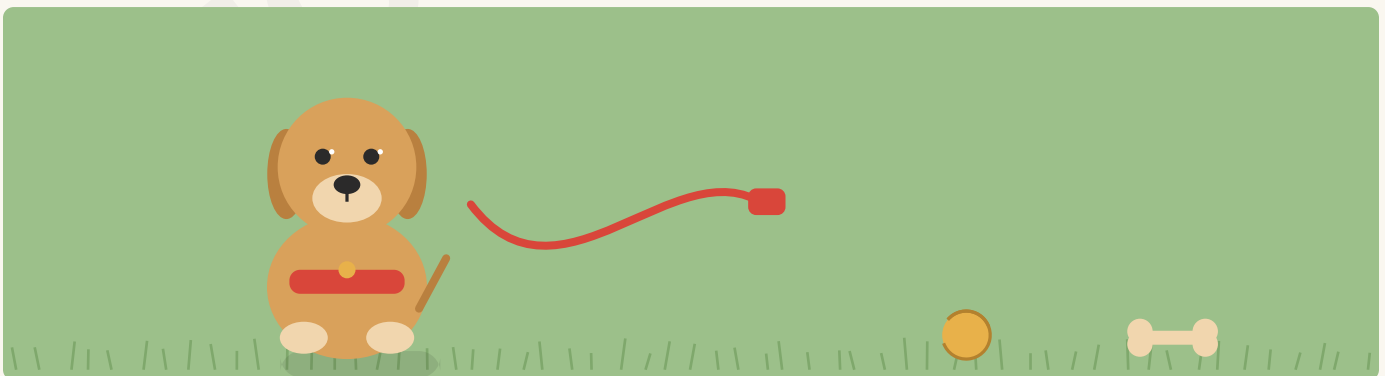
Gate them until the puppy is steady and knows the house.

05 A toilet spot

Choose one outdoor spot and use it every time; the smell helps. [1]

06 A quiet base

The crate or pen in a calm corner, not a hallway, with a bed and water nearby.



The first 24 hours.

Quiet, predictable and short. The puppy has just left everything it knew.

01 Arrive and go straight to the toilet spot

Wait, then praise quietly and treat when they go. [1]

02 Show them the base

Let them sniff the crate and pen with the door open. Toss a treat in. No pressure. [2]

03 Keep visitors for another day

One calm room, the people who live there, and short play.

04 Feed the food they know

Same brand, same times as before; change slowly over a week if you must.

05 Toilet trip after every nap, meal, drink and play

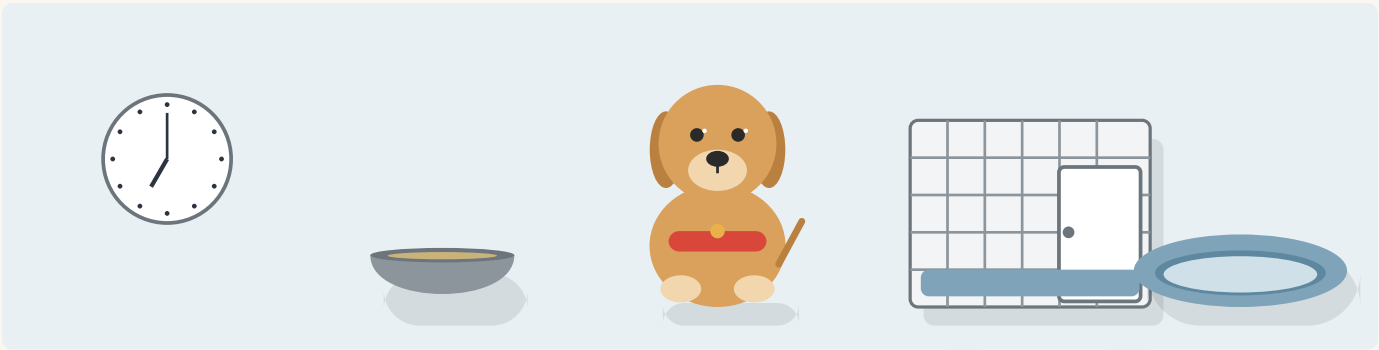
This is the whole method. Expect a dozen trips today. [1]

06 Bedtime

Crate in or near your bedroom, a last toilet trip, lights out. Crying for a night or two is normal; a calm hand on the crate helps more than letting them out to play. [2]

A daily rhythm you can keep.

Puppies thrive on sameness. Most sleep 18-20 hours a day; the rest is short bursts.



Time	What happens	Toilet trip?
6:30 am	Out of the crate, straight outside	Yes
7:00 am	Breakfast, then 15 minutes later	Yes
7:30-8:00 am	Play or a short training game, then nap in crate or pen	Yes, after the nap
Midday	Lunch, toilet, play, toilet, nap	Yes, twice
Afternoon	Nap, toilet, a calm new experience (see page 13), toilet	Yes, twice
5:30 pm	Dinner, then 15 minutes later	Yes
Evening	Chew toy, gentle play, wind down; water up an hour before bed	Yes, after play
10:30 pm	Last toilet trip, then crate	Yes

Build your own version on Worksheet 2. Every puppy is different; the shape stays the same. [1]

How long can they hold it?

A rule of thumb from the AKC, and what it means for your day. [1]

Puppies can generally hold their bladder for about as many hours as their age in months, up to around 9 months to a year. An 8-week-old puppy is therefore a two-hour puppy at best, and less when awake and active. [1]

Age	Rough limit (awake)	Overnight	What that means
8-10 weeks	About 2 hours	One trip in the night is common	Toilet trips every 1-2 hours while awake; set a timer.
3 months	About 3 hours	Many manage the night	Trips after every nap, meal and play still apply. [1]
4 months	About 4 hours	Most sleep through [2]	Confinement can lengthen a little; still no all-day crating. [2]
6 months	About 6 hours	Sleeps through	Reliable habits for most; keep the routine.

NEVER ALL DAY

A crate is for sleep and short stretches, not a working day. If you must be out, arrange a visit, a pen with a toilet area, or daycare once your vet says it is safe. [2]

Toilet training: the method.

Prevention, timing and praise. Nothing else works as well. [1]

01 Supervise or confine

Awake and loose means eyes on the puppy. Otherwise, pen or crate. The crate works because dogs avoid soiling where they sleep. [1]

02 Out at the right moments

First thing, last thing, after naps, meals, drinks and play. Same door, same spot, same word. [1]

03 Wait, then party

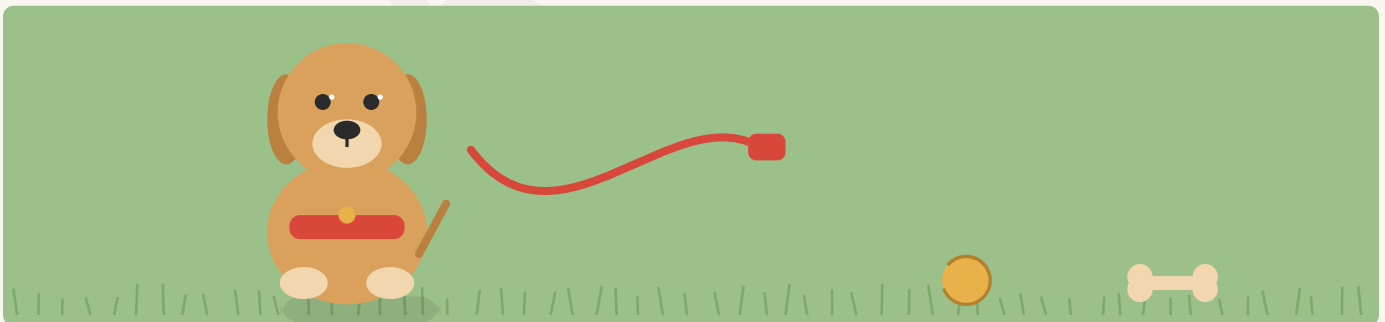
Stand quietly. The moment they finish, praise warmly and give a small high-value treat. [1]

04 No punishment, ever

If you catch them mid-accident, interrupt gently and go outside. If you find it later, just clean with an enzymatic cleaner and shorten the gap next time. [1]

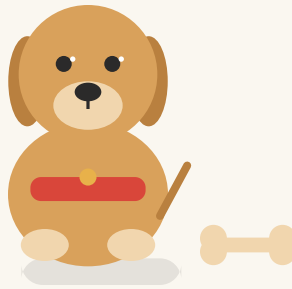
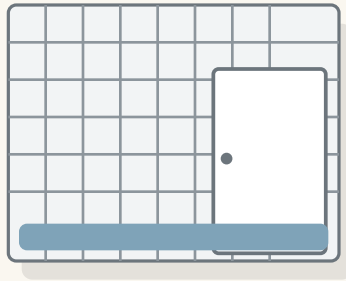
05 Log it

Worksheet 1 shows the pattern within days: when they go, and how long between.



Crate training: a den, not a cage.

Ten minutes at a time, always pleasant, never a punishment. [2]



Make it lovely first

Blankets, a toy, a light cover for a den feel. Toss treats in and let them wander out again. Feed meals in it with the door open. [2]

01 Short and sweet

Start at naps and quiet time, 10 minutes or so, and build up. A stuffed food toy inside gives them a reason to settle. [2]

02 Toilet after every session

Straight out when the door opens. [2]

03 Nights

Crate near you at first. Most puppies sleep through without a toilet break by about 4 months; before that, expect a quiet trip. [2]

04 Whining

Normal for a night or two. Check they do not need the toilet, then wait for a pause before opening the door, so quiet earns the exit. [2]

05 Never as punishment

The crate is where good things happen. Keep it that way. [2]

Sleep, and getting some yourself.

Tired puppies bite, cry and cannot learn. Most need far more sleep than people expect.

01 Plan the naps

After each play or training burst, a nap in the crate or pen. Overtired puppies look wild, not sleepy.

02 A bedtime routine

Last meal by early evening, water up an hour before bed, a calm chew, last toilet trip, crate. Same order nightly.

03 Night trips are boring

Lead out, toilet, straight back. No play, no lights on, no fuss. [2]

04 Move the crate later, not sooner

Start near your bed; move it towards its final spot over a couple of weeks once nights are settled.

05 Log the nights

Worksheet 3: bedtime, wake-ups, why, and the morning wake time. The trend is what matters.



Biting and mouthing.

Puppies explore with their mouths and teething can last to six months. Teach “gentle”, and give them something legal to chew. [4]

01 Toy first

Keep a chew toy within reach at all times. When the puppy nips, offer the toy instead of your hand. [4]

02 All fun stops

If they keep nipping, end the play session immediately and calmly. Biting ends the game; that is the lesson littermates teach. [4]

03 Look for the cause

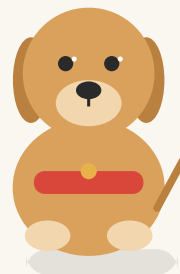
Most biting comes from tiredness, hunger or overexcitement. A nap, a meal or a calm chew fixes more than any correction.

04 No physical corrections

Tapping, holding the muzzle or shouting teaches the puppy to fear hands. Redirect and disengage instead. [4]

05 Expect improvement, not perfection

Most puppies become much less mouthy as they finish teething, often between 4 and 6 months. [4]



Socialising: the window that closes.

The first three months are when sociability outweighs fear. Gentle, positive experiences now pay off for life. [3]

The AVSAB's position is that puppies should be socialised before they are fully vaccinated, because behaviour problems from missed socialisation are a bigger risk than the small infection risk of careful outings. Classes can start at 7-8 weeks with at least one set of vaccines a week beforehand and a first deworming. Follow your own vet's guidance on where it is safe to walk. [3]

Experience	How to do it well
People	Different ages, hats, beards, wheelchairs, uniforms. Let the puppy approach; treats from you, not forced petting.
Dogs	Calm, vaccinated, known-friendly adults and puppy class. Short, supervised, ending before either gets silly.
Sounds	Vacuum, traffic, doorbell, fireworks recordings at low volume, paired with treats and play.
Surfaces and places	Grass, gravel, wet paths, stairs, the car (engine off, then short trips), a quiet café doorway.
Handling	Paws, ears, mouth, collar grabs, a brush; a second of handling, then a treat.

One or two new things a day is plenty. A puppy that hangs back is not being difficult; slow down and make it easier. Persistent fear is worth a call to your vet or a qualified behaviour professional. [3]

Alone time, in small doses.

A puppy that has never been alone will panic the first time it is. Practise while you are home.

01 Start with seconds

Puppy settled in the pen or crate with a chew; you step out of the room and back in before they react.

02 Build slowly

Thirty seconds, two minutes, five, fifteen, across the first weeks. Always return before they get upset, not after.

03 Make leaving boring

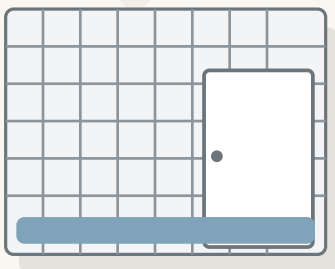
No big goodbyes, no big hellos. Keys, coat and out, then back as if nothing happened.

04 Pair it with good things

A stuffed food toy that only appears at alone time.

05 Log it

Worksheet 5 has a line for alone-time practice. Aim for a calm 30 minutes by the end of the month, then keep growing it.



First cues: name, come, sit, touch.

Two minutes, three times a day, always with food. Games, not drills.

01 Name

Say the name once in a happy voice; the moment they look, treat. Never use the name for anything unpleasant.

02 Come

Start two steps away indoors. Name, “come”, run backwards, treat and party when they arrive. Never call them to something they dislike.

03 Sit

Hold a treat at the nose, lift it slowly over the head; as the bottom drops, say “sit” and treat. Add the word only once the movement is reliable.

04 Touch

Flat hand near the nose; when they bump it, treat. A hand target is the easiest way to move a puppy anywhere, including into the crate.

05 Lead

Indoors first: collar or harness on, treat, a few steps, treat. Outside only when your vet says so.

POSITIVE REINFORCEMENT ONLY

Reward what you want; manage or ignore what you don't. Corrections, shouting and “alpha” methods damage trust and are not needed. [3][4]

Health basics, and what to ask your vet.

This planner is not veterinary advice. Book the first vet visit in week one and take these questions.

01 Vaccinations and worming

What has been done, what is due, and when walks and classes are safe. [3]

02 Food

How much, how often, and how to change food if you need to. Several small meals suit most puppies. [1]

03 Parasite prevention

Fleas, ticks and worms: what is right for your area and season.

04 Microchip and ID

Registration details, and what your local rules require.

05 Teeth, ears, paws

Ask how to check them at home, and start handling practice now (page 13).

06 When to call

Vomiting, diarrhoea, not eating, lethargy or anything that worries you: puppies are small and change fast. Call the same day.



When something goes wrong.

Change one thing at a time, and check tiredness first.

You notice	Most likely cause	Try next
Accidents indoors	Gaps too long; not enough supervision; smell left behind. [1]	Trips every hour awake; pen when unwatched; enzymatic cleaner.
Crying in the crate	Needs the toilet; too long; crate not yet lovely. [2]	Quiet toilet trip; shorter sessions; meals and chews in the crate.
Biting hard, wild eyes	Overtired or overexcited. [4]	Nap now. Calm chew. Shorter play bursts.
Hangs back from new things	Being pushed too fast. [3]	Add distance, let them approach, treat for looking.
Chewing furniture	Teething; boredom; nothing legal to chew. [4]	Chew toys everywhere; pen when unwatched; more naps.
Ignores their name outside	Too many distractions too soon.	Back to easier places; better treats; shorter distances.
Cries when left	Alone time built too fast.	Back to seconds; leave while calm; stuffed toy.

If anything feels beyond you, a qualified positive-reinforcement trainer or your vet is a normal, sensible call. [3]

Week 1: land softly.

Days 1-7. Routine, toilet trips and a lovely crate. Nothing else matters yet.

Focus	What good looks like by day 7
Toilet	Out after every nap, meal, drink and play; accidents falling; the pattern showing on Worksheet 1. [1]
Crate	Naps in the crate with the door closed for 20-30 minutes; nights near you with one quiet trip. [2]
Handling	Paws, ears and collar touched daily for a treat.
Name	Looks up when called indoors, most of the time.
People	Household members plus one or two calm visitors. [3]
Vet	First visit booked or done; vaccination plan written down.

A NOTE ON EXPECTATIONS

Week 1 puppies cry, have accidents and sleep in odd places. None of it is failure. Consistency this week is what makes weeks 2-4 easy.

Week 2: build the habits.

Days 8-14. Same routine, slightly longer gaps, first new experiences.

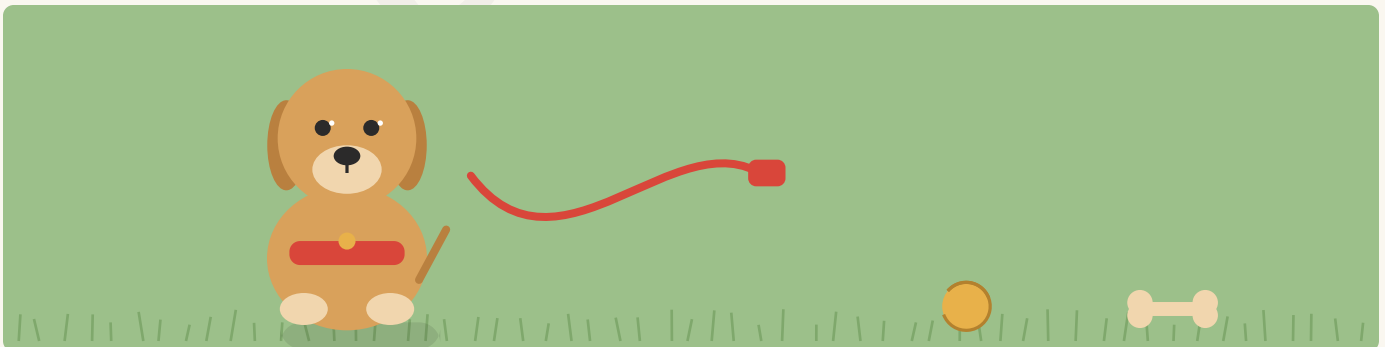
Focus	What good looks like by day 14
Toilet	Most trips succeed; accidents are your timing, not their confusion. [1]
Crate	Settles with a chew within a minute; 45-60 minute naps; first short daytime absences of a few minutes. [2]
Socialising	One or two new things a day: a sound, a surface, a person, a car ride with the engine off. [3]
Biting	Toy offered before hands get nipped; play ends when it does. [4]
Cues	Sit and touch reliable indoors; come from across the room.
Lead	Collar or harness worn happily around the house.



Week 3: widen the world.

Days 15-21. Puppy class if your vet agrees, more places, more alone-time practice.

Focus	What good looks like by day 21
Toilet	Gaps of 2-3 hours while awake; night trips rare or gone. [1][2]
Crate and alone time	Ten to fifteen minutes alone with a stuffed toy, calm on your return.
Socialising	Puppy class started, or careful outings: carried or on a lead in quiet places, per your vet. [3]
Handling	Brush, towel, a look in the mouth, a paw held for three seconds.
Cues	Come with a small distraction; sit for the food bowl; touch to move into the crate.
Play	Fetch with a swap for a treat; tug with a drop cue.



Week 4: settle in.

Days 22-30. The routine runs itself; you start to see the dog they will be.

Focus	What good looks like by day 30
Toilet	Reliable in the routine; accidents rare and explainable. [1]
Crate and sleep	Sleeps through most nights; naps in the crate on cue; 30 minutes alone calmly. [2]
Socialising	A growing checklist on Worksheet 4; still one or two new things a day. [3]
Biting	Softer mouth; redirects to a toy most of the time. [4]
Cues	Name, come, sit and touch in the house and garden; lead walks short and happy where allowed.
You	A daily rhythm you can keep, and notes that make month two easier.

THEN WHAT?

Keep socialising through the first year, keep the crate lovely, keep training in two-minute games. Adolescence (around 6-12 months) brings a second round of testing; the habits from this month carry you through it.

A worked month.

A fictional example of the routine with an 8-week-old puppy. Adapt it; do not copy it.

When	What happens	Worksheet
Day 1	Toilet spot first, quiet afternoon, crate by the bed; two night trips.	1, 3
Day 3	Log shows accidents at 40-50 minutes after meals; trips moved earlier. Accidents stop.	1, 2
Day 6	Vet visit; vaccination plan written down; walks cleared for day 20.	–
Week 2	Vacuum at low volume with treats; three new visitors; first two-minute absences.	4, 5
Week 3	Puppy class; nipping mostly redirected; one bad overtired evening, fixed with an earlier nap.	4, 6
Day 30	Sleeps 10:30-6:30; 30 minutes alone calmly; sit, come and touch in the garden.	6

Fictional teaching example. It does not describe a real puppy or a guaranteed result.

The notes that make you a better owner.

Every day teaches you something. Write it down.

Your puppy's toilet pattern

Minutes after meals, after naps, after play. [1]

What settles them

A chew, a nap, a quieter room, a hand on the crate.

What worries them

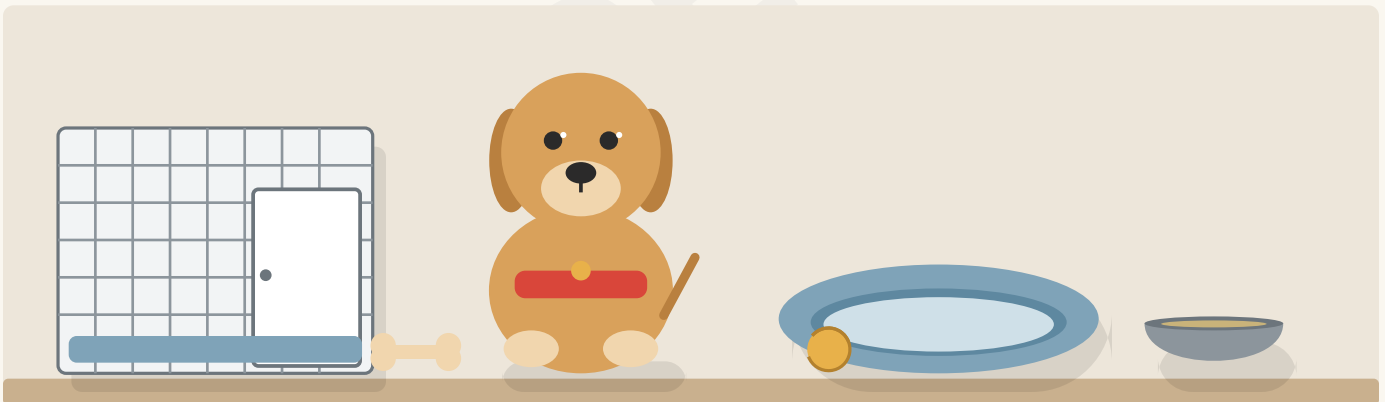
And how far away it stopped being scary. [3]

What they love

The treat, the toy, the game that makes training easy.

Your own routine

The one that fits your day, not the internet's.



Toilet log

One line per trip or accident. The pattern appears within days. [1]

Date	Time	After (nap / meal / play / drink)	Where	Wee	Poo	Accident?	Notes

Praise and a treat the moment they finish in the right place. Never punish accidents.

Our daily schedule

Fill in the clock for your day. Same order every day.

Time	What happens	Toilet trip	Who

See page 7 for the reference day and page 8 for how long they can hold it.

Crate and sleep log

Nights and naps. The trend matters more than any one night. [2]

Date	Bedtime	Wake-ups (time / why)	Morning wake	Longest nap in crate	Alone time (min)	Notes

Night trips are boring: out, toilet, straight back.

Socialisation checklist

Tick when met calmly; note the date and how it went. One or two new things a day. [3]

Category	Ideas	Done (date / how it went)
People	Child · older adult · hat · beard · uniform · wheelchair · runner	
Dogs	Calm adult dog · puppy class · dog behind a fence	
Sounds	Vacuum · doorbell · traffic · thunder recording · fireworks recording	
Places	Car (engine off, then short trip) · vet waiting room · café doorway · park edge	
Surfaces	Grass · gravel · wet path · stairs · metal drain cover	
Handling	Paws · ears · mouth · collar grab · brush · towel	
Objects	Umbrella · bike · pram · wheelie bin · balloon	

Slow down if the puppy hangs back. Persistent fear: talk to your vet. [3]

Training tracker

Two minutes, three times a day. Tick each session; note what worked.

Week	Name	Come	Sit	Touch	Lead	Alone time	Handling	Notes
Week 1								
Week 2								
Week 3								
Week 4								

Reward what you want; manage what you don't. See page 15.

Week review

Five minutes each Sunday. What worked, what to change, one goal for next week.

WHAT WENT WELL THIS WEEK

WHAT WAS HARD

ONE THING I WILL CHANGE

NEXT WEEK'S GOAL

QUESTIONS FOR THE VET OR TRAINER

Compare with pages 18-21 to see where you are.

The first 30 days, at a glance.

Stick it on the fridge or save it to your phone.



■ Toilet

Out after every nap, meal, drink and play; praise and treat at once; never punish; enzymatic cleaner. [1]

■ Hold time

About as many hours as months of age, while awake. [1]

■ Crate

Right size, always lovely, 10 minutes and build; never all day, never punishment. [2]

■ Sleep

Naps after every burst; boring night trips; crate near you at first. [2]

■ Biting

Toy first; all fun stops; check tiredness. [4]

■ Socialise

First three months; one or two calm new things a day; classes from 7-8 weeks with vet's OK. [3]

■ Alone

Seconds to minutes to 30 minutes, always before they get upset.

■ Ask for help

Vet for health; positive-reinforcement trainer for behaviour. [3]

The useful fine print

Sources behind the specific statements in this studio sample, and what this edition is and is not.

[1] American Kennel Club: How to potty train a puppy [Open the source](#)

Puppies can generally hold their bladder for about as many hours as their age in months, up to around 9 months to a year. Take them out first thing in the morning, last thing at night, after naps, after meals, after drinking and after indoor play; for young puppies that can mean a dozen trips a day. Use a crate large enough to stand, turn and lie down in but not so large that they can toilet in one corner. Feed several smaller meals rather than one or two large ones. Praise immediately and give a small high-value treat when they go in the right place. Never punish accidents; clean up with an odour-neutralising product. Some puppies are reliable within days, others take several months.

[2] American Kennel Club: How to crate train a puppy [Open the source](#)

Choose a crate large enough to stand up, lie down and turn around, using a divider while the puppy grows. Line it with blankets and toys, cover it lightly to mimic a den, and start with short periods during naps and quiet time, working up from about 10 minutes. Offer a treat for going in and a stuffed food toy inside; take the puppy out to toilet after each session. Most puppies can sleep through the night without a toilet break by about 4 months; they may cry the first night or two. Never leave a puppy crated all day and never use the crate as punishment.

[3] American Veterinary Society of Animal Behavior: Position statement on puppy socialization [Open the source](#)

The first three months of life are the period when sociability outweighs fear, so this is the primary window for puppies to adapt to new people, animals and experiences. AVSAB believes it should be the standard of care for puppies to receive such socialisation before they are fully vaccinated. Puppies can start socialisation classes as early as 7-8 weeks of age, with at least one set of vaccines at least 7 days before the first class and a first deworming. Owners of older puppies are encouraged to keep socialising; puppies that show fear should be seen by a veterinarian or behaviour professional.

[4] American Kennel Club: How to stop puppy biting and train bite inhibition [Open the source](#)

All puppies should learn to be gentle with their mouths (bite inhibition), something littermates start teaching by ending play when bitten too hard. Keep a chew toy within reach and substitute it for your hand when the puppy starts to nip; if they keep nipping, stop the play session immediately so the puppy learns that biting ends the fun. Teething can take up to six months, and most puppies become much less mouthy as they finish teething and mature, often between 4 and 6 months.

About this edition

Written, illustrated and designed by Forgewick, operated by Haris Sohail. Studio Edition 1.0, September 2026. All text, illustrations and worksheets are original. General puppy-care guidance, not veterinary or behavioural advice: follow your vet on vaccinations, worming, diet and health, and consult a qualified positive-reinforcement trainer or behaviour professional for persistent problems.

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THE FIRST 30 DAYS PUPPY PLANNER

Out after every nap. Toy before hands. Sleep first.

A calm first month for any new puppy,
with six printable worksheets.

FORGEWICK

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