

Spartan Rottweilers

Puppy Owner

Daily Routine Guide

Builds calm
behavior

Puppy's morning,
Midday, and
evening routines

Supports
house
training

Settle confidently
into their new
homes



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Puppy Owner Daily Routine Guide

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Puppy Training Morning Routine

1. Calm Crate Exit & Bathroom Trip (5-10 min)

Take your puppy directly outside on leash as soon as they exit the crate. Keep interaction calm and neutral. Walk straight to the potty area with minimal talking or stimulation.

Calm Goal: Puppy eliminates quickly and gets a calm break from confinement.

2. Structured Feeding Routine (5-10 min)

Feed in a consistent location each morning. Ask for a simple behavior (sit or wait) before placing the bowl down. Pick up the bowl after 10-15 minutes if unfinished.

Calm Goal: Puppy waits politely for food and eats without rushing or guarding.

3. Settle Before Transition (5-10 min)

Before beginning the rest of the day, guide your puppy to a mat, pen, or resting area for a short settle period. This prevents the day from starting in a frantic state.

Calm Goal: Puppy relaxes briefly and transitions into the day without hyperactivity.

4. Short Focused Training Session (5-10 min)

Work on 2-3 simple commands such as sit, down, place, or recall. Keep sessions short, structured, and positive. End on a success.

Calm Goal: Puppy engages with focus and responds without over-arousal.

5. Controlled Social Exposure (5-15 min)

Expose your puppy to normal household activity. Light outdoor sights/sounds, or brief leash walking. Avoid overstimulation or chaotic play first thing in the morning.

Calm Goal: Puppy observes and processes the environment confidently and calmly.

*Follow a consistent morning structure each day.
Starting calm prevents overstimulation and builds long-term stability.*

Puppy Training Midday Routine

1. Structured Feeding Routine (5–10 min)

Feed in a consistent location each time. Ask for a simple behavior (sit or wait) before placing the bowl down. Pick up the bowl after 10–15 minutes if unfinished.

Calm Goal: Puppy waits politely for food and eats without rushing or guarding.

2. Settle Before Resuming Day (5–10 min)

Before moving on with the day, guide your puppy to a mat, pen, or resting area for a short settle period following activity.

Calm Goal: Puppy winds down after activity and transitions smoothly before rejoining the day.

3. Bathroom Break & Pen/Crate Time (5–10 min)

Take your puppy out on leash for a calmly potty break after a period of crate time or pen rest.

Calm Goal: Puppy eliminates quickly and gets a calm break from confinement.

4. Calm Walk & Light Play (10–20 min)

Take a calm, controlled walk, letting the puppy sniff & explore. Engage in brief, light play focused on simple games like fetch, tug, or gentle toy interaction. Allow a few minutes to sniff and stretch before returning inside.

Calm Goal: Puppy experiences mild activity without overstimulation or hyperactivity.

5. Basic Training Review (5–10 min)

Briefly practice 2–3 simple commands the puppy is learning. Keep the session positive, ending on a clear success and reward.

Calm Goal: Puppy practices basic skills calmly and maintains focus.

Maintain a structured midday rhythm each day.

Balanced activity and calm resets prevent overstimulation and support steady progress.

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Puppy Training

Evening Wind-Down Routine

1. Structured Feeding Routine (5–10 min)

Feed in a consistent location every time. Ask for a simple behavior (sit or wait) before placing the bowl down. Pick up the bowl after 10–15 minutes if unfinished.

Calm Goal: Puppy waits politely for food and eats without rushing or guarding.

2. Settle Time / Pen or Place (10–20 min)

Guide the puppy to a consistent resting area, pen, or mat. Dim lights and reduce household noise.

Use the same calming phrase each night to signal settling.

Calm Goal: Puppy stays in one area without pacing, barking, or restlessness.

3. Calm Enrichment (5–10 min)

Offer one calm enrichment option such as a lick mat, frozen Kong, or soft chew. Avoid toys or activities that encourage chasing, tugging, or excitement.

Calm Goal: Puppy engages calmly without frustration or overstimulation.

4. Final Bathroom Trip (5–10 min)

Take your puppy out on leash for a calm, quiet potty break. No play, no training, and minimal talking. Walk directly to the potty area and return inside promptly.

Calm Goal: Puppy eliminates calmly and returns indoors without excitement.

5. Bedtime / Crate Routine (5–10 min)

Lead the puppy to the crate or sleeping space **calmly**. Give a brief, neutral good night and leave without fanfare. Consistency builds security and sleep confidence.

Calm Goal: Puppy lies down quietly and transitions smoothly into sleep.

*Follow a consistent wind-down routine each night,
Gradually reducing stimulation helps your puppy settle down and sleep through night.*

Common Mistakes

1. Lack of Consistency

Inconsistent rules, commands and routines confuse your puppy. Consistency is key to learning. Use the same commands, praise, and rules every day.

2. Too Much Freedom Too Soon

Allowing too much unsupervised access to the home or yard can lead to accidents, chewing, and bad habits. Supervise closely and gradually increase freedom.

3. Overstimulating Your Puppy

Engaging in overly excited or chaotic play can lead to biting, jumping, and hyperactivity. Keep interactions calm and use gentle, controlled play.

4. Skipping Socialization

Without exposure to various people, places, sounds, and situations, puppies may develop fear or aggression. Socialization helps them grow into confident, balanced adults.

5. Punishing Instead of Teaching

Punishing a puppy for mistakes instead of teaching desired behaviors can create fear and confusion. Focus on rewarding and redirecting good behavior.

6. Long, Training Sessions

Training sessions that are too long or too repetitive will cause your puppy to lose interest.

Keep training short, fun, and positive (5~10 minutes) for better focus.



Puppy Training Age & Stage Breakdown

This roadmap outlines the natural developmental stages from 8 weeks to 6 months. Structure, repetition, and leadership determine how smoothly your puppy progresses.

8-10 Weeks

Imprint & Foundation

- Bonding & confidence building
- Crate introduction & comfort
- Frequent short outings
- Basic commands & luring
- Start gentle, supervised social exposure

10-12 Weeks

Confidence Building

- Reinforce core routines and crate comfort
- Begin leash walking & place training
- Introduce brief, light outings/sounds
- Build consistent patterns
- Gentle handling of body, collar, paws

12-16 Weeks

Boundary Testing Phase

- Structure & clarity in training
- Limit freedom to test at own pace
- Increase leash walking & recall
- Redirect nipping, recall chasing jumping
- Require calm settle before freedom

4-6 Months

Impulse Control Development

- Reinforce reliability in commands
- Work through distraction
- Extend crate time calmly
- Pattern-based potty breaks reinforce place
- Strengthen impulse control & patience
- Expect reliability to increase.

Puppy Training What 7 Days Looks Like

The Goal: Structure Creates Stability

Your puppy does not need constant novelty,
They need repetition, clarity, and calm lead leadership.
Below is what one structured training week looks like.

Monday – Friday: Foundation Days

Morning

- Bathroom → Feed → Settle → Short Training → Controlled Exposure

Midday

- Feed → Settle → Bathroom → Walk/Light Play → Training Review

Evening

- Feed → Settle → Quiet Enrichment → Bathroom → Crate

*Focus: Repetition. Clear expectations. Calm transitions.
Feeding shifts to twice daily as structure and age increase.*

Saturday: Light Social Challenge

Same structure as weekday routine

- + One new exposure (new surface, new person, new sound, short outing)

Focus: Confidence building without overstimulation.

Sunday: Reset & Reinforce

Maintain all core routines.

- Shorter training sessions
- Extra calm bonding time

Focus: Relationship and decompression.

What This Builds Over 7 Days

- Predictability
- Stronger bond
- Faster potty reliability
- Better sleep patterns
- Improved impulse control

The Spartan Principle

Consistency beats intensity.

Small, calm repetitions done daily create stable, confident dogs.

Puppy Training

What to Expect in the First 30 Days



This is what is typically expected during the first month of a structured training plan. Stay calm, stay consistent, and reinforce results.

1: Adjustment Phase

- **Typical behaviors:** Common chewing, whining, potty accidents
- **What to expect:** Learning routine structure, bonding with you
- **Focus on:** Frequent potty breaks, calm settle periods

Week 3: Testing Boundaries

- **Typical behaviors:** Testing commands, biting for attention, pushing limits
- **Focus on:** Tightening structure, redirecting with clear, firm rules

Week 2: Pattern Recognition

- **Typical behaviors:** More consistent potty breaks, beginnings of recall, sit
- **Focus on:** Recognizing commands, understanding boundaries
- **Focus on:** Reinforcing rules, rewarding calm behavior

Week 4: Confidence & Stability

- **Typical behaviors:** More focused, better impulse control
- **Focus on:** Understanding structure, responding quickly

Calm Goal: Stay patient, reinforce boundaries clearly.

Bringing It All Together

- Everything in this guide works together.
- Daily routines create rhythm,
- Weekly structure builds predictability.
- The 30-day plan builds habits.
- Age and stage understanding prepares you for what is coming next.
- *When you follow* clear daily routines, your puppy learns how the day flows.
- *When you repeat* structure across seven days, expectations become predictable.
- *When you stay consistent* through the first 30 days, those expectations turn into habits.
- *When you understand* development, you respond calmly instead of reacting emotionally.



Nothing here is complicated. It is layered.

Small actions, repeated daily, shape behavior. Clear boundaries reduce confusion. Calm leadership reduces anxiety. Structure builds confidence.

Your puppy will not remember every command you practiced. They will remember how life feels in your home.

Predictable. Calm. Safe. Consistent.

That is the Spartan standard.

Stay steady. Stay clear. Stay calm.

Consistency creates the dog you want.