

Spartan Rottweilers – Puppy Training Starter Pack

1. Daily & Weekly Training Tracker

- Use the Spartan Puppy Tracker (included) to log your puppy's potty schedule, crate time, naps, basic commands, and weekly developmental goals.
-  This helps you spot patterns and stay on track with consistency.

2. Crate Training Quick Guide

-  Start crate training with the door open and short, positive sessions.
-  Place the crate beside your bed at night for reassurance.
-  Crate after potty and play when your puppy is ready to nap.
-  Never use the crate as punishment.

3. Potty Training Cheat Sheet

-  Take your puppy out every 1–2 hours while awake, and always after meals, naps, and play.
-  Use the same door and a consistent command (e.g., “Go potty”).
-  Praise immediately after success.
-  Accidents? Use an enzymatic cleaner. Don't punish—just adjust your timing.

4. Chewing & Redirection Tips

-  Puppies chew to soothe teething, explore, or relieve boredom.
-  Provide frozen carrots, soft teething toys, and safe rubber chews.
-  If your puppy chews something inappropriate, say “No,” replace it with a toy, and praise.
-  Rotate toys daily to keep things interesting.

5. Sample Daily Routine (8–10 Weeks Old)

Time	Activity
7:00 AM	Wake, potty, breakfast 🍲
8:00 AM	Crate time (15–30 min) 🛏️
9:00 AM	Potty, short play, training 🟡
10:00 AM	Nap time (crate) zzz
12:00 PM	Potty, lunch, supervised play 🍖
1:00 PM	Crate for nap 🛏️
3:00 PM	Potty, training, play 🐕
5:00 PM	Potty, dinner 🍽️
6:30 PM	Short crate time or quiet time 🧘
8:00 PM	Potty, evening wind-down 🌙
9:00–10:00 PM	Final potty, bedtime in crate 🛏️

6. First Commands to Practice

- 🦻 Name Recognition
- 🪑 Sit
- 🐾 Come
- 🚫 Leave It
- 🏠 Kennel (crate cue)
- 😬 No Biting (redirect with toy)

7. Week 1 – Do's and Don'ts

- ✓ DO:

- 🎉 Praise calm behavior
- ⌚ Keep a consistent potty schedule
- 🛏 Start short crate intervals
- 👁 Supervise all freedom
- ❌ DON'T:
 - 🚪 Free roam too soon
 - 😡 Punish accidents
 - 😴 Skip naps (overtired = overreactive)