



## ■ High-Energy Dog Exercise Checklist

### For Australian Dog Owners

Tick off each day to keep your dog fit, happy, and calm!

#### Daily Essentials ■

- Morning Exercise (30–60 mins) – Brisk walk, jog, or off-leash run
- Evening Exercise (30–60 mins) – Fetch, tug-of-war, or beach swim
- Mental Stimulation (10–15 mins) – Puzzle toy, obedience training, or scent game
- Social Interaction – Play with other dogs or quality time with you
- Hydration & Rest – Fresh water and a cool resting spot

#### Weekly Extras ■

- Agility or Obedience Class – Improve focus and fitness
- Beach or Lake Swim – Low-impact exercise and cooling off
- Bush Hike or Nature Walk – New scents and sights for mental enrichment
- Dog Park Playdate – Burn energy and improve social skills
- Trick Training Session – Teach something new (spin, roll over, bow)

#### Australian Climate Tips ■ ■

Exercise early morning or after sunset in summer to avoid heatstroke

On hot days, shorten walks and focus on indoor games or swimming

On rainy days, use hallway fetch, stair climbing, or treadmill training

- A tired dog is a happy dog. Keep exercise varied to engage both body and mind.