

POSITIVE TRAINING & “NO FREE LUNCH”

Right now, if your dog is like most dogs, there’s not a lot expected of them in exchange for the many things you give them for free. But since animals are hardwired to work to survive, and most dogs were originally bred for a particular job (like hunting or herding), your dog will benefit from the mental and physical effort of learning to earn his food and other resources in life.

To do this, we recommend a “No Free Lunch” (NFL) program. The NFL mentality gives your dog some work to do to earn their keep while helping you improve their training. It’s built on the fact that you control all the valuable resources in your dog’s life: walks, car rides, dinner, water, a chew toy, or play with you. The basic rule is that your dog gets those rewards after doing something you ask them to do.

Before you do this...	...your dog has to do this.
Put your dog’s leash on to go for a walk	Sit and stay until leash is attached
Feed your dog	Sit and stay until you’ve placed the bowl on the floor and you’ve given permission to eat
Play fetch with a ball or toy	Sit or lie down before toy is tossed
Open a door (or a gate) that they want to go through	Wait until door is open and you’ve given permission to go through
Greet your dog	Sit or lie down — no jumping all over you

Key NFL Benefits

- NFL gives your dog a rewarding job that keeps them happy and out of trouble because they have to problem-solve to get what they need and want in life.
- NFL gives your dog the rules and structure that dogs thrive on and helps them become an enjoyable, trusted family member.
- NFL builds the training skills you want in quick, single interactions throughout your day, rather than in longer training session that can be hard to find time for.

Tips to NFL Success

- Make sure any skill you use in the NFL program is already well-learned — you want your dog to be able to reliably perform it at least 90 percent of the time.



- Once you've given a command (i.e. "sit"), don't give your dog what they want until they do what you asked. Remember, one name, one cue. Don't nag them with their name or repeat the cue more than once.
- If they don't comply, no need to scold or correct. Just walk away (leaving the leash or bowl on the counter). Come back a minute later and try again. Be patient. Eventually they will have to do what you want in order to get what they want.