

The 8-Week Puppy Milestone Checklist ■

Free from The Puppy Roadmap — know exactly what to teach your puppy, and when

Bringing home a puppy is overwhelming because everything hits at once. This checklist gives you the *order*. Tick each box as you go — if you're on track, you're doing great. If not, you know exactly where to focus.

(This is the free starter. The full day-by-day system — with the "how" for every milestone — is [The Puppy Roadmap: Your First 90 Days].)

■ Week 1 — Settle & feel safe

■ Puppy-proofed the house (cords, shoes, bins, gated rooms) ■ Crate set up next to your bed for night one ■ Chose ONE potty spot + one cue word ("go potty") ■ Started a potty log (every time it goes) ■ Fed all meals in the crate, door open ■ Kept arrival calm — no crowds

■ Week 2 — Name & routine

■ Puppy looks at you when it hears its name ■ Predictable rhythm: wake → potty → play → eat → nap ■ Enforcing naps (16–18 hrs sleep!) to stop overtired biting ■ Gentle daily handling of paws, ears, mouth (with treats) ■ Crate = one calm night, ~1 potty trip max

■ Week 3 — Potty & biting

■ Potty accidents dropping (out every 1–2 hrs + after meals/naps/play) ■ Redirecting biting to a chew toy every time ■ "Bite = fun stops" — you calmly remove attention ■ Frozen chews on hand for teething

■ Week 4 — Confidence & crate

■ Settles alone in the crate for short stretches ■ 5+ positive new experiences (sounds, people, surfaces) ■ Comfortable being briefly alone (start with seconds) ■ Rewarding calm behaviour, ignoring the demanding stuff

■ Week 5 — First commands

■ Sit ■ Started "come" indoors (always a party!) ■ 2–5 min training sessions, ending on a win

■ Week 6 — Building skills

■ Down ■ Leave it ■ Wearing collar + lead happily indoors ■ Socialisation checklist half done (people, surfaces, sounds, calm dogs)

■ Week 7 — Into the world

■ First sniffy outdoor walks (confidence, not distance) ■ "Stop like a tree" when the lead goes tight
■ Handles short periods alone without distress

■ Week 8 — Trust

■ Reliable sit / down / come indoors ■ Recall practice starting on a long-line ■ Waits at the door/bowl (impulse control) ■ Greets people without jumping

■ **On track? Amazing — keep going.** ■ **Feeling behind or stuck on biting, potty, or sleep?**

That's completely normal — the conflicting advice online is the problem, not you. The full **Puppy Roadmap** walks you through the exact "how" for every single milestone above, day by day.

■ *Get it here: [link in bio]*

You've got this. ■ — *The Puppy Roadmap*