CHECKLIST

Your lead-pulling reduction checklist

- [ ] Stop moving forward the instant the lead goes tight
- [ ] Burn off excess energy indoors before the walk begins
- [ ] Designate specific sniffing zones and ask for focus between them
- [ ] Practice loose-lead walking in quiet areas before progressing to distractions
- [ ] Use a front-clip harness to reduce physical strain while training
- [ ] Keep training sessions short and end on success
- [ ] Monitor for signs of frustration in yourself and your dog