

WEEK
1 of 15



Follow us for Training Focus & Calmness,
Using Karen Overall's Protocol For Relaxation,
(a helpful tool since 1997)

Down for 5 seconds

Down for 10 seconds

Down while you take 1 step back and return

Down while you take 2 steps back and return

Down for 10 seconds

Down while you take 1 step to the right and return

Down while you take 1 step to the left and return

Down for 10 seconds

Down while you take 2 steps back and return

Down while you take 2 steps to the right and return

Down for 15 seconds

Down while you take 2 steps to the left and return

Down while you clap your hands softly once

Down while you take 3 steps back and return

Down while you count out loud to 10

Down while you clap your hands softly once

Down while you count out loud to 20

Down while you take 3 steps to the right and return

Down while you clap your hands softly twice

Down for 3 seconds

Down for 5 seconds

Down while you take 1 step back and return

Down for 3 seconds

Down for 10 seconds

Down for 5 seconds

Down for 3 seconds

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Down for 10 seconds

Down while you take 1 step back and return

Down while you take 3 steps back and return

Down for 10 seconds

Down while you take 3 steps to the right and return

Down while you take 3 steps to the left and return

Down for 10 seconds

Down while you take 3 steps to the right and clap your hands

Down while you take 3 steps to the left and clap your hands

Down for 5 seconds

Down for 10 seconds

Down while you walk one fourth of the way around the dog to the right

Down while you take 4 steps back

Down while you walk one fourth of the way around the dog to the left

Down for 10 seconds

Down while you take 5 steps back from the dog, clapping hands, return

Down while you walk halfway around the dog to the right and return

Down while you walk halfway around the dog to the left and return

Down for 10 seconds

Down while you jog quietly in place for 3 seconds

Down while you jog quietly in place for 5 seconds

Down while you jog quietly in place for 10 seconds

Down for 10 seconds

Down while you jog one fourth of the way around dog to right and return

Down while you jog one fourth of the way around dog to left and return

Down for 5 seconds

WEEK
3 of 15



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Down for 10 seconds

Down for 15 seconds

Down while you take 2 steps backward and return

Down while you jog 5 steps backward from the dog and return

Down while you walk halfway around the dog to the right and return

Down while you walk halfway around the dog to the left and return

Down while you take 10 steps backward and return

Down for 15 seconds

Down while you take 10 steps to the left and return

Down while you take 10 steps to the right and return

Down for 20 seconds

Down for 20 seconds

Down while you walk halfway around dog to left, clapping hands, return

Down for 10 seconds

Down while you jog 10 steps to the right and return

Down while you jog 10 steps to the left and return

Down while you jog in place for 10 seconds

Down for 15 seconds

Down while you jog in place for 20 seconds

Down for 10 seconds

Down while you jog backward 5 steps and return

Down while you jog to the right 5 steps and return

Down while you jog to the left 5 steps and return

Down for 5 seconds while you clap your hands

Down for 10 seconds while you clap your hands

Down for 5 seconds

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Down for 10 seconds

Down while you jog backward 5 steps and return

Down for 20 seconds

Down while you jog halfway around the dog to the right and return

Down while you jog halfway around the dog to the left and return

Down while moving three fourths of the way around dog to right, return

Down while moving three fourths of the way around dog to left, return

Down while you jog backward 5 steps, clapping your hands, and return

Down for 10 seconds

Down while you clap your hands for 20 seconds

Down while you move quickly backward 10 steps and return

Down while you move quickly 15 steps backward and return

Down for 20 seconds

Down while you jog halfway around the dog to the right and return

Down while you jog halfway around the dog to the left and return

Down while you walk quickly 15 steps to the left and return

Down while you walk quickly 15 steps to the right and return

Down for 20 seconds

Down while moving three fourths of the way around dog to right, return

Down while moving three fourths of the way around dog to left, return

Down while you walk all the way around the dog

Down while you walk approximately 20 steps to an entrance and return

Down while walking 20 steps to an entrance, clapping hands and return

Down while you walk around dog, quietly clapping hands, then return

Down while you jog quickly around the dog

Down for 10 seconds while you clap your hands

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Down for 5 seconds

Down for 15 seconds

Down while you walk quickly 15 steps to the right and return

Down while you walk quickly 15 steps to the left and return

Down while you walk approximately 20 steps to an entrance and return

Down while you walk 20 steps to an entrance, clap your hands, return

Down for 20 seconds

Down while you walk around the dog, clapping your hands

Down for 10 seconds

Down while you walk quickly backward, clapping your hands, and return

Down while you walk approximately 20 steps to an entrance and return

Down while you walk 20 steps to an entrance, clap your hands, return

Down while you go to an entrance, just touch doorknob or wall, return

Down for 10 seconds

Down while you walk quickly backward, clapping your hands, and return

Down while you walk approximately 20 steps to an entrance and return

Down while you go to an entrance, just touch doorknob or wall, return

Down for 20 seconds

Down while you walk 20 steps to an entrance, clap your hands, return

Down while you go to an entrance, just touch doorknob or wall, return

Down for 10 seconds

Down while the doorknob is touched or you move into entryway, return

Down for 10 seconds

Down for 15 seconds while you clap your hands

Down for 10 seconds while you jog in place

Down for 5 seconds

WEEK
6 of 15



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Down for 10 seconds

Down for 20 seconds while you jog back and forth in front of the dog

Down for 15 seconds

Down while you walk approximately 20 steps to an entrance and return

Down while you walk quickly backward, clapping your hands, and return

Down while you go to an entrance, just touch doorknob or wall, return

Down for 20 seconds while jogging

Down while you walk around the dog

Down while you walk around the dog, clapping your hands

Down for 20 seconds

Down for 30 seconds

Down while you walk quickly backward, clapping your hands, and return

Down while you go to an entrance, just touch doorknob or wall, return

Down while opening door or going into entranceway for 5 seconds, return

Down while opening door or going into entranceway for 10 seconds, return

Down for 30 seconds

Down while you walk quickly backward, clapping your hands, and return

Down while you go to an entrance, just touch doorknob or wall, return

Down for 10 seconds

Down while you go through the door or the entranceway and return

Down while going through door or entranceway, clapping hands, return

Down while opening door/going through entranceway for 10 seconds, return

Down for 30 seconds

Down while you disappear from view for 5 seconds and return

Down for 20 seconds

Down for 10 seconds while you clap your hands

WEEK
7 of 15



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Down for 10 seconds

Down for 20 seconds while you clap your hands

Down while you take 10 steps backward and return

Down while you walk around the dog

Down while you go through the door or entranceway and then return

Down while you go through door or entranceway, clapping hands, return

Down while you open and close the door for 10 seconds and return

Down for 30 seconds

Down while you disappear from view for 5 seconds and return

Down while you go through the door or the entranceway and return

Down while you go through door or entranceway, clapping hands, return

Down while you open and close the door for 10 seconds and return

Down for 30 seconds

Down while you disappear from view for 10 seconds and return

Down while you disappear from view for 15 seconds and return

Down for 10 seconds

Down for 15 seconds

Down for 5 seconds while you clap your hands

Down while you jog in place for 10 seconds

Down while you jog three fourths of the way to the right and return

Down while you jog three fourths of the way to the left and return

Down while you go through door or entranceway, clapping hands, return

Down while you open and close the door for 10 seconds and return

Down for 30 seconds

Down while you disappear from view for 15 seconds and return

Down for 10 seconds

WEEK
8 of 15



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Down for 10 seconds

Down for 15 seconds while you jog and clap your hands

Down while you back up 15 steps and return

Down while you circle the dog and return

Down while you disappear from view for 20 seconds and return

Down while you disappear from view for 25 seconds and return

Down for 5 seconds

Down for 5 seconds while you sit in a chair (placed 5 feet from the dog)

Down for 15 seconds while you jog and clap your hands

Down while you back up 15 steps and return

Down while you circle the dog and return

Down while you disappear from view for 20 seconds and return

Down while you disappear from view for 30 seconds and return

Down for 5 seconds

Down while you circle the dog and return

Down while you disappear from view for 20 seconds and return

Down while you disappear from view for 25 seconds and return

Down for 5 seconds while you sit in a chair near the dog

Down while you disappear for 10 seconds, sit in a chair for 5 and return

Down for 10 seconds

Down for 20 seconds while you jog and clap your hands

Down for 15 seconds while you run around the dog

Down for 5 seconds while you turn around

Down for 5 seconds while you sit in a chair near the dog

Down while you disappear for 10 seconds, sit in a chair for 5 and return

Down for 10 seconds

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- Down for 5 seconds
- Down for 10 seconds while you turn around
- Down for 5 seconds while you jog
- Down while you walk around the dog
- Down while you jog around the dog
- Down while you jog around the dog, clapping your hands
- Down while you jog twice around the dog
- Down for 10 seconds
- Down for 15 seconds while you clap your hands
- Down for 20 seconds
- Down while moving three fourths of the way around dog to right, return
- Down while moving three fourths of the way around dog to left, return
- Down while you disappear from view for 10 seconds and return
- Down while you circle the dog and return
- Down while you disappear from view for 20 seconds and return
- Down while you disappear from view for 25 seconds and return
- Down for 5 seconds while you down in a chair near the dog
- Down while disappearing from view 10 seconds, sit in chair for 5, return
- Down for 10 seconds
- Down while you bend down and touch your toes
- Down while you stretch your arms
- Down while you stretch your arms and jump once
- Down while you touch your toes 5 times
- Down while you stretch your arms and jump 3 times
- Down for 15 seconds
- Down for 10 seconds

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Down for 5 seconds while you clap

Down for 10 seconds while you touch your toes

Down for 15 seconds while you down in a chair

Down while you walk quickly 15 steps to the right and return

Down while you walk quickly 15 steps to the left and return

Down while you walk approximately 20 steps to an entrance and return

Down while you disappear from view for 5 seconds and return

Down while you disappear from view for 10 seconds and return

Down while you disappear from view for 15 seconds and return

Down for 10 seconds

Down while you walk quickly 15 steps to the right and return

Down while you walk quickly 15 steps to the left and return

Down while you approximately 20 steps to an entrance and return

Down while you disappear from view for 5 seconds and return

Down while you disappear from view for 10 seconds and return

Down while you disappear from view for 15 seconds and return

Down while disappearing for 5 seconds, knock softly on wall, return

Down for 5 seconds

Down while you disappear from view for 5 seconds and return

Down while you disappear from view for 10 seconds and return

Down while you disappear from view for 15 seconds and return

Down while disappearing for 5 seconds, knock softly on wall, return

Down while disappearing from view, knock quickly but softly on wall, return

Down for 5 seconds

Down while disappearing for 10 seconds, knock softly on wall, return

Down for 10 seconds

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Down for 10 seconds

Down while disappearing from view, knock quickly, softly on wall, return

Down for 5 seconds

Down while disappearing for 10 secs, knock quickly, softly on wall, return

Down for 30 seconds

Down while you disappear from view, ring doorbell, immediately return

Down while you disappear from view, ring doorbell, wait 2 seconds, return

Down for 30 seconds

Down while you disappear from view, ring doorbell, immediately return

Down while you disappear from view, ring doorbell, wait 5 seconds, return

Down for 30 seconds

Down while you disappear from view, ring doorbell, immediately return

Down while you disappear from view, ring doorbell, wait 10 seconds, return

Down for 5 seconds while you jog around the dog

Down while you walk around the dog

Down while you jog around the dog

Down while you jog around the dog, clapping your hands

Down while you jog twice around the dog

Down for 10 seconds

Down for 15 seconds while you clap your hands

Down for 20 seconds

Down while moving three fourths of the way around dog to right, return

Down while moving three fourths of the way around dog to left, return

Down while you disappear from view for 10 seconds and return

Down while you circle the dog and return

Down for 10 seconds

WEEK
12 of 15



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Down for 10 seconds

Down for 5 seconds while you clap your hands

Down for 20 seconds while you hum

Down while you disappear from view for 20 seconds and return

Down while you disappear from view for 25 seconds and return

Down for 5 seconds while you down in a chair near the dog

Down while you disappear for 10 seconds, sit in a chair for 5, return

Down for 15 seconds

Down for 20 seconds while you hum

Down while you disappear from view for 20 seconds and return

Down while you disappear from view for 25 seconds and return

Down while moving three fourths of the way around dog to right, return

Down while moving three fourths of the way around dog to left, return

Down while you disappear from view for 10 seconds and return

Down while you circle the dog and return

Down for 10 seconds

Down while you disappear, knock quickly but softly on the wall, return

Down for 5 seconds

Down while you disappear for 10 seconds, knock softly on wall, return

Down for 30 seconds

Down while you disappear from view, ring doorbell, immediately return

Down while you disappear from view, ring doorbell, wait 2 seconds, return

Down for 30 seconds

Down while you disappear from view, say "hello," and return

Down while you disappear from view, say "hello," wait 3 seconds, return

Down for 10 seconds

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-
- Down for 5 seconds
-
- Down for 15 seconds while you hum
-
- Down for 15 seconds while you clap your hands and hum
-
- Down while you disappear from view for 20 seconds and return
-
- Down while you disappear from view for 25 seconds and return
-
- Down for 5 seconds while you sit in a chair near the dog
-
- Down while you disappear for 10 seconds, sit in a chair for 5, return
-
- Down for 10 seconds
-
- Down while you disappear, knock quickly but softly on wall, and return
-
- Down for 5 seconds
-
- Down while you disappear for 10 seconds, knock softly on the wall, return
-
- Down for 30 seconds
-
- Down while you disappear, ring the doorbell, and immediately return
-
- Down while you disappear from view, ring doorbell, wait 2 seconds, return
-
- Down for 30 seconds
-
- Down while you disappear from view, say "hello," wait 5 seconds, return
-
- Down while disappearing, knock or ring doorbell, say "hello," wait 5, return
-
- Down for 30 seconds
-
- Down while you disappear from view, say "hello," wait 5 seconds, return
-
- Down while disappearing, knock or ring doorbell, say "hello," wait 5, return
-
- Down for 20 seconds while you hum
-
- Down for 15 seconds while you clap your hands
-
- Down while you jog around the dog
-
- Down for 10 seconds while you clap your hands and hum
-
- Down for 5 seconds while you jog in place
-
- Down while you jog around the dog, humming
-

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Down for 10 seconds

Down for 5 seconds while you clap your hands and hum

Down while you run around the dog

Down while you walk back and forth to the door

Down while you leave the room, quickly knock or ring doorbell, return

Down for 5 seconds

Down for 10 seconds

Down for 10 seconds

Down for 5 seconds while you clap your hands and hum

Down while you run around the dog

Down while you walk back and forth to the door

Down while you leave the room, quickly knock or ring doorbell, return

Down for 5 seconds

Down for 10 seconds

Down while you disappear for 10 seconds, knock softly on wall, return

Down for 30 seconds

Down while you disappear from view, ring doorbell, immediately return

Down while you disappear from view, ring doorbell, wait 2 seconds, return

Down for 30 seconds

Down while you disappear from view, say "hello," wait 5 seconds, return

Down while disappearing, knock or ring doorbell, say "hello," wait 10, return

Down for 30 seconds

Down while you disappear from view, say "hello," wait 10 seconds, return

Down while disappearing, knock or ring doorbell, say "hello," wait 10, return

Down for 20 seconds while you hum

Down for 20 seconds

WEEK
15 of 15



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Down for 10 seconds

Down for 10 seconds

Down for 5 seconds

Down for 15 seconds while you clap your hands and hum

Down while disappearing, knock/ring doorbell, say "hi" talk for 10, return

Down for 20 seconds while you hum

Down while disappearing, say "hi", invite imaginary person in, wait 5, return

Down for 10 seconds

Down for 5 seconds

Down while disappearing, say "hi", invite imaginary person in, wait 10, return

Down while disappearing, say "hi", talk (as if to someone) for 5, return

Down for 5 seconds while you clap your hands and hum

Down while you run around the dog

Down while you walk back and forth to the door

Down while you leave the room, quickly knock or ring doorbell, return

Down for 5 seconds

Down while leaving room, knock or ring doorbell for 3 seconds, return

Down while leaving room, knock or ring doorbell for 5 seconds, return

Down while leaving room, talk for 3 seconds to people who are not there

Down while leaving room, talk for 5 seconds to people who are not there

Down while leaving room, talk for 10 seconds to people who are not there

Down while you run around the dog

Down for 10 seconds while you sit in a chair

Down for 30 seconds while you sit in a chair

Down for 15 seconds while you clap your hands and jog

Down for 5 seconds
