



PUDDLETOWN  
HAWND\$

# TRAINING WORKBOOK

TRAINING FOR

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# TRAINING GOALS:

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## TRAINING FOUNDATIONS

**Can you answer the following?**

What is a marker word/sound?

Why do we use a marker?

What is a release word?

Why is focus so important to reward?

# TRAINING LOG



WEEK OF \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## GOALS

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## NOTES

**List any wins you had this week:**

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**List any challenges you had this week:**

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