



28 Day Challenge

Rules: Dog must sit or down, and must do so of his/her own accord, you may not physically assist the dog. No luring. Video must show, dog sitting/or down and then exercise may begin. Exercise will be completed with a verbal release. If no release word is heard, the exercise will not be counted as complete. A platform may be used. Be sure that both you and your dog are visible in the video. You may play along for fun, but if you want an award for completion, please purchase at www.DZChallenge.com, in order to be judged. Have fun! Submit videos via messenger or make a Group Post!

- Dog stays on a raised platform for 3seconds, with release
- Dog stays while handler does three jumping jacks, release
- Dog stays in position while handler walks a full circle around, release
- Dog stays for 10 seconds, handler at 5ft away, release
- Start in heel/side position, leave dog 5 steps, face dog stay 5 seconds, release
- Dog placed in stay, leave dog, 3ft, handler sits down (ground/chair), 5 seconds, release
- Dog stays for 5 seconds, handler at 10ft away, release
- Dog stays while handler does one full spin
- Dog stays, handler pats dog on head, returns hand to side, then release
- Dog stays while a treat or toy is tossed 3ft away, for 3 seconds, release
- Dog stays, 5 seconds with distraction of your choice (food, toy, people, etc), release
- Dog stays, at doorway/gate/crate opening for 3 seconds, release
- Stay in STAND position handler moves 3ft away, hold for 5 seconds
- Stay while treat is placed on paw/nose/head, 3 seconds
- Stay - any position- while handler says two fake out words, before release word
- Stay, handler walks two circles around dog -one in each direction
- Stay, handler instructs dog to stay while wearing a face mask. Hold 3 seconds
- Stay, handler backs up 3steps, 5seconds, come, stay, handler backs 5steps, 3seconds
- Stay while handler rolls a toy past the dog, within 15ft of dog
- Stay while handler squeaks a toy or whistles, hold stay for 3seconds
- Stay while handler places a hat, mask, or sunglasses on the dog, hold 3 seconds
- Dog placed in stay, leave dog, 3ft, handler, crouches down, "takes photo" , release
- Stand stay, for exam. Handler runs hands over all body parts.
- Dog placed in stay, leave dog, 3ft, handler turns back to dog, pause 3seconds, release
- Dog stays, any position, while handler pretends to fall down or stumble.
- Dog stays, any position, while handler runs away. At least 5ft.
- Dog stays on an unsteady/moving/wobbly surface, 3 seconds, with release
- Send dog to a raised platform from 3ft , dog stays for 5 seconds, with release