



FREE PRINTABLE

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30-day dog enrichment challenge

One small activity a day, 5 to 15 minutes each. Tick a box when you finish. Use part of your dog's daily food for treats, supervise everything, and skip anything that doesn't suit your dog's age or health.

DAY 1 Snuffle breakfast ☐	DAY 2 Find it ☐	DAY 3 New route walk ☐	DAY 4 Muffin-tin puzzle ☐	DAY 5 Lick mat wind-down ☐
DAY 6 Teach "touch" ☐	DAY 7 Rest day ☐	DAY 8 Scatter feeding ☐	DAY 9 Box shred ☐	DAY 10 Cup shell game ☐
DAY 11 Frozen stuffed toy ☐	DAY 12 Hide and seek ☐	DAY 13 Name a toy ☐	DAY 14 Rest day ☐	DAY 15 Treasure hunt ☐
DAY 16 Teach "spin" ☐	DAY 17 Sniff-only walk ☐	DAY 18 Towel burrito ☐	DAY 19 Tug with rules ☐	DAY 20 Box line-up ☐
DAY 21 Rest day ☐	DAY 22 Ice block hunt ☐	DAY 23 Room-to-room search ☐	DAY 24 Trick chain ☐	DAY 25 Cafe or park visit ☐
DAY 26 Scent trail ☐	DAY 27 Grooming with treats ☐	DAY 28 Rest day ☐	DAY 29 Their favourite again ☐	DAY 30 Celebrate ☐

How to do each one is on page 2. Want a week written for your own dog's breed, age and energy? henrydog.app

How to do each day

- 1 Snuffle breakfast**
Hide breakfast in a snuffle mat or a loosely rolled towel.
- 2 Find it**
Hide a treat while they watch, then say "find it". Repeat, hiding it further away.
- 3 New route walk**
Walk somewhere new and let them sniff as long as they like.
- 4 Muffin-tin puzzle**
Treats in a muffin tin, tennis balls on top.
- 5 Lick mat wind-down**
Wet food or plain yoghurt spread thin on a lick mat.
- 6 Teach "touch"**
Reward a nose-touch to your palm. Five minutes, then stop.
- 7 Rest day**
An easy sniff walk and a long chew. Rest is part of the plan.
- 8 Scatter feeding**
Toss part of a meal across the grass or a rug.
- 9 Box shred**
Treats in a cardboard box with crumpled paper. Supervise.
- 10 Cup shell game**
A treat under one of three cups. Shuffle slowly.
- 11 Frozen stuffed toy**
Soaked kibble packed into a rubber toy and frozen overnight.
- 12 Hide and seek**
Hide in another room and call them once. Party when they find you.
- 13 Name a toy**
Say the toy's name every time you play. Then ask for it by name.
- 14 Rest day**
An easy sniff walk and a long chew.
- 15 Treasure hunt**
Hide ten treats around the yard or one room.
- 16 Teach "spin"**
Lure a slow circle with a treat, then fade the lure.
- 17 Sniff-only walk**
A whole walk at their pace. They choose where to go.
- 18 Towel burrito**
Kibble rolled up in a towel, ends folded in.
- 19 Tug with rules**
"Take it", play, "drop", repeat. End before they get silly.
- 20 Box line-up**
Three to six boxes upside down. Treat under one. Which one?
- 21 Rest day**
An easy sniff walk and a long chew.
- 22 Ice block hunt**
Kibble and a toy frozen in a tub of water. Outside or on a towel.
- 23 Room-to-room search**
Hide treats in two rooms, then three.
- 24 Trick chain**
Ask for two tricks in a row, then reward. Then three.
- 25 Cafe or park visit**
Sit somewhere new and let them watch the world, with treats.
- 26 Scent trail**
Drag a treat along the grass to a hidden jackpot.
- 27 Grooming with treats**
Short, pleasant handling: paws, ears, brush. Pay well.
- 28 Rest day**
An easy sniff walk and a long chew.
- 29 Their favourite again**
Repeat whichever day they loved most, a little harder.
- 30 Celebrate**
A long sniff walk, a frozen toy and their favourite game.

Keep food safe: no xylitol (check peanut butter and yoghurt), grapes, raisins, onion, garlic, chocolate or cooked bones. Stop any activity that causes pain or stress, and check with your vet for puppies, seniors or dogs with health problems.