



THE 7-DAY LOOSE LEASH WALKING GUIDE

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"Dogs pull because they've learned that pulling works. This guide rewires that learning—step by step, distraction by distraction."





Before You Start: The Rules

Read these once. Follow them every single day.

Rule	Why It Matters
Never move forward when the leash is tight	Tension = no progress. This is the #1 rule. If you break this, nothing else works.
Reward the check-in, not the heel	You want your dog choosing to look at you, not being forced to walk beside you.
Keep sessions short (5-7 minutes)	Quality over quantity. End before your dog gets frustrated.
Use high-value treats only for walks	Kibble is for meals. Walking treats are sacred. Think: boiled chicken, cheese, hot dog pieces.
No talking. No "come." No "heel."	Your dog needs to learn the pressure cue, not rely on your voice. Voice is backup, not primary.
Always start at zero distraction	You can't teach calculus to a screaming toddler. Same logic.

What You Need

Item	Why
Flat collar or front-clip harness	Avoid back-clip harnesses—they encourage pulling.
4-6 foot leash	No flexi/retractable leashes. You need control, not freedom.
High-value treats	Boiled chicken, cheese, liverwurst—something your dog goes crazy for.
Treat pouch	Keep treats accessible. Fumbling in your pocket = lost opportunities.
15-foot long line	For Day 6 only. Gives controlled freedom in open spaces.
A quiet room	Zero distractions. No other pets, no TV, no open windows.
Building hallway / corridor	Empty. No people, no dogs, no noise.
Parking lot or garden	Low distraction. Quiet time of day.

DAY 1 The Foundation (Inside the House)

Today we teach one thing: tension = stop. Nothing else matters.

Location: A quiet room in your house. No other pets. No TV. No open windows. Zero distraction.

Session Length: 3 sessions of 5 minutes today. Morning, afternoon, evening.



The Exercise

Step 1: Stand Still

- Leash is on. Dog is beside you. You are standing in the middle of the room.
- Do nothing. Wait.

Step 2: The Check-In

- Wait until your dog looks at you. Even for a split second.
- The moment they look? Mark ("Yes!") and reward. Give the treat at your side, right where you want them to stand.

Step 3: Step Backward

- Take one slow step backward.
- Most dogs will follow. If they do, mark ("Yes!") and reward.
- If they don't follow, stop. Wait for them to look at you. Then try again.

Step 4: Step Forward

- Take one slow step forward.
- If the dog follows without tension, mark and reward.
- If the dog surges ahead and the leash tightens: Freeze. Do not pull back. Do not say "no." Just stand still.
- Wait for the dog to turn and look at you. The leash will go loose.
- The moment it's loose? Mark and reward. Then step forward again.

Step 5: The Pattern

- Step. Stop. Check-in. Reward.
- Step. Stop. Check-in. Reward.
- 5 minutes of this. That's it.

Day 1 Checklist

Task	Done?
3 sessions completed (morning/afternoon/evening)	☐
Rewarded every check-in	☐
Did not move forward when leash was tight	☐
Dog looked at me voluntarily at least 5 times per session	☐

Day 1 Troubleshooting

Problem	Solution
Dog won't look at me	Walk backward slowly. They'll follow and eventually look up. Mark that moment.
Dog keeps pulling toward door	Move to a different room. Door = distraction. Eliminate it.



Problem	Solution
Dog gets frustrated	End the session. 3 minutes is better than a frustrated dog. Try again later.
Dog jumps on me for treats	Stand still. Wait. Only reward when all 4 paws are on the floor.

DAY 2 Adding Movement (Inside the House)

Yesterday we taught 'stop.' Today we teach 'follow.'

Location: Same room. Still zero distraction. No changes to the environment.

Session Length: 3 sessions of 5-7 minutes.

The Exercise

Step 1: Warm-Up (1 minute)

- Repeat Day 1. Stand. Wait for check-in. Reward. Step backward. Reward. Step forward. Reward.
- Remind the dog: loose = reward, tension = stop.

Step 2: Introduce Direction Changes

- Start walking forward in a straight line.
- After 3 steps, turn 90 degrees to the left, without pulling the dog — just turn and let the leash guide them.
- The dog should follow. The moment the leash goes loose, mark and reward.
- Do the same to the right.

Step 3: The 180-Degree Turn

- Walk forward 3 steps.
- Turn 180 degrees and walk back the opposite direction.
- Many dogs will anticipate and follow. If they do, mark and reward.
- If they pull, freeze. Wait for the check-in. Then turn.

Step 4: The Stop-and-Sit

- Walk forward 3 steps.
- Stop. Wait for the dog to stop. Wait for the check-in.
- Ask for a sit (only if your dog already knows "sit"; if not, just wait for the check-in).
- Mark. Reward. Move forward again.

Step 5: Repeat the Pattern

- Walk 3 steps → turn left → walk 3 steps → turn right → walk 3 steps → 180 → walk 3 steps → stop → sit → reward.
- 5-7 minutes of this. Slow. Deliberate. No rushing.



Day 2 Checklist

Task	Done?
3 sessions completed	☐
Direction changes practiced (left, right, 180)	☐
Stop-and-sit practiced	☐
Dog followed every turn without tension	☐
No forward movement when leash was tight	☐

Day 2 Troubleshooting

Problem	Solution
Dog gets ahead of me on turns	Slow down. Turn in smaller steps. Reward the moment they adjust.
Dog isn't following the turn	Use a high-value treat to lure them once. Then stop luring. Let them figure it out.
Dog is bored	Good. Bored means calm. Don't add excitement. Calm is the goal.
Dog keeps sitting on their own	Great! Reward it. They're offering the behavior.

DAY 3 Distraction Introduction (Inside the House)

| Today we add one small distraction. The door.

Location: Same room, but now near the door of the room.

Session Length: 3 sessions of 5-7 minutes.

The Exercise

Step 1: Warm-Up (2 minutes)

- Repeat Day 2 exercises away from the door.
- Direction changes. Stop-and-sits. Reward check-ins.

Step 2: Move Toward the Door

- Walk toward the door of the room — not the front door, just the room's door.
- Walk slowly. 2-3 steps toward the door.
- Stop. Wait for check-in. Reward.
- Walk 2-3 steps back away from the door.
- Stop. Wait for check-in. Reward.



Step 3: The Door Approach

- Walk toward the door.
- When you're 2 feet away, stop.
- Wait. The dog will likely look at the door, then at you.
- The moment they look at you? Mark. Reward. Walk backward away from the door.
- Repeat 3-4 times.

Step 4: The Touch-and-Turn

- Walk to the door.
- Touch the door handle with your hand.
- Stop. Wait.
- The dog will look at you. The moment they do? Mark. Reward. Walk away.
- This is the lesson: the door means nothing. You mean everything.

Step 5: Repeat

- 5-7 minutes of approaching, stopping, rewarding check-ins, and walking away.
- Do not open the door today. Not even a crack.

Day 3 Checklist

Task	Done?
3 sessions completed	☐
Approached the door without pulling	☐
Touched the door handle — dog checked in	☐
Did NOT open the door	☐
Dog looked at me before looking at the door	☐

Day 3 Troubleshooting

Problem	Solution
Dog lunges at the door	You're too close. Back up. Start from farther away.
Dog won't look away from the door	Wait. Stand still. Let them stare. Eventually they'll look at you out of boredom. Mark that moment.
Dog is too excited	End session. Try again when they're calmer. Excitement = too much distraction.



DAY 4 The Hallway (Building Corridor)

Today we leave the room. But we stay inside the building.

Location: An empty building corridor or hallway. No people. No dogs. No noise.

Session Length: 3 sessions of 5-7 minutes.

The Exercise

Step 1: Transition Practice

- Inside the room, leash on dog.
- Walk to the room door. Stop. Wait for check-in. Reward.
- Open the door slowly. Wait.
- The dog will look at the hallway. Wait for them to look back at you.
- The moment they do? Mark. Reward.
- Step into the hallway. Stop. Wait for check-in. Reward.

Step 2: Hallway Walking

- Start walking down the hallway. Slowly.
- Walk 5 steps. Stop. Wait for check-in. Reward.
- Walk 5 more steps. Stop. Check-in. Reward.
- Remember: no tension. If the leash tightens, freeze. Wait. Reward the release.

Step 3: Hallway Turns

- Walk 5 steps. Turn left into a side corridor. Stop. Check-in. Reward.
- Walk 5 steps. Turn right. Stop. Check-in. Reward.
- Walk 5 steps. 180-degree turn. Stop. Check-in. Reward.

Step 4: The Internal Door Practice

- Walk to the building's internal fire exit door (not the outside one).
- Approach slowly. Stop 2 feet away. Wait for check-in. Reward.
- Touch the door handle. Wait for check-in. Reward.
- Walk away. Reward.
- Repeat 3 times.

Step 5: End on a Win

- The last rep should be a successful check-in with no tension.
- Reward heavily. End session.



Day 4 Checklist

Task	Done?
3 sessions completed	☐
Transition from room to hallway was calm	☐
Walked down hallway with zero tension	☐
Practiced left, right, and 180 turns	☐
Approached and touched internal door	☐
Dog checked in at every stop	☐

Day 4 Troubleshooting

Problem	Solution
Dog pulls toward the exit door	You're too close. Stay away from the exit. Walk in the middle of the hallway.
Dog is distracted by smells	That's fine. Wait. Let them sniff. When they look back at you, reward.
Dog is anxious	Walk slower. Let them sniff. Reward calm behavior.
Dog keeps pulling toward the room	Walk away from the room. The room is a distraction now.

DAY 5 The Hallway With Doors

Today we add the next step: every door is a stop.

Location: Same hallway. But now every internal door we pass is an opportunity.

Session Length: 3 sessions of 5-7 minutes.

The Exercise

Step 1: Door-Stop Protocol

- Walk down the hallway.
- Every time you pass a door (any door), slow down, stop 2 feet before it.
- Wait for the dog to look at the door, then look back at you.
- The moment they look back? Mark. Reward.
- Walk past the door. Stop 2 feet after. Check-in. Reward.

Step 2: Door-Touch Protocol

- Approach a door. Stop. Check-in. Reward.
- Reach out. Touch the door handle. Stop. Wait for check-in. Reward.



- Walk away. Reward.

Step 3: Door-Sit Protocol

- Approach a door. Stop.
- Ask for a sit (if the dog knows it).
- The dog sits. Mark. Reward.
- Walk away.

Step 4: Combining All Three

- Approach door. Stop. Check-in. Reward.
- Touch handle. Stop. Check-in. Reward.
- Ask for sit. Sit. Reward.
- Walk away.

Step 5: Repeat Every Door

- Every door in the hallway is an opportunity.
- 5-7 minutes. Go slow. No rushing.

Day 5 Checklist

Task	Done?
3 sessions completed	☐
Stopped at every single door	☐
Dog checked in at every stop	☐
Touched door handles without excitement	☐
Dog offered a sit at the door	☐
No pulling toward any door	☐

Day 5 Troubleshooting

Problem	Solution
Dog anticipates the stop and sits early	Great! They're learning. Reward.
Dog pulls toward the door	You're too close. Stop farther away.
Dog is confused	Slow down. You're moving too fast.
Dog is excited	Shorten the session. Calm > excitement.



DAY 6 The Parking Lot / Garden

Today we go outside. But not for a walk. We practice in a controlled space.

Location: An empty parking lot, driveway, or garden. Quiet time of day. No other dogs. No people. No traffic.

Session Length: 3 sessions of 5-7 minutes.

The Exercise

Step 1: Transition from Building

- Walk from the hallway toward the exit door.
- Stop before the door. Wait for check-in. Reward.
- Open the door. Step outside. Wait. Check-in. Reward.
- Step into the parking lot/garden. Stop. Wait for check-in. Reward.

Step 2: The Circle Exercise

- In the parking lot/garden, walk in a large circle.
- 10-15 steps in a circle.
- Stop. Check-in. Reward.
- Change direction. Walk in a circle the other way.
- Stop. Check-in. Reward.

Step 3: The Figure-8 Exercise

- Walk in a figure-8 pattern. This forces the dog to watch you constantly.
- Stop at the center of the figure-8. Check-in. Reward.

Step 4: The 15-Foot Long Line Exercise

- Switch to the 15-foot long line (don't use a retractable leash).
- Walk in a circle with the long line.
- The dog has more freedom, but the rule stays the same: tension = stop, loose = move.
- Let the dog sniff. Let them wander. But when the leash goes tight, stop. Wait for them to look back. Reward. Move forward.

Step 5: End on a Win

- Shorten the leash back to 6 feet.
- Walk a straight line. Dog walks beside you. No tension.
- Reward heavily. End session.

Day 6 Checklist

Task	Done?
3 sessions completed	☐
Transition from building to outside was calm	☐



Task	Done?
Completed circle exercises	☐
Completed figure-8 exercises	☐
Practiced with 15-foot long line	☐
Dog responded to tension even with more freedom	☐

Day 6 Troubleshooting

Problem	Solution
Dog is overwhelmed	You chose the wrong time. Try again at a quieter time of day.
Dog doesn't respond to long line	Shorten the line. Give less freedom. Build back up.
Dog keeps pulling	Go back to the hallway. They're not ready. It's okay. Repeat Day 5.
Dog is too excited by new smells	Let them sniff. Reward when they look back.

DAY 7 The First Walk

Today is the day. The first walk outside. Everything you've practiced, now applies.

Location: The street outside your building. Quiet time of day. Low traffic. Few people. Few dogs.

Session Length: One session: 15 minutes. This is your first real walk.

The Exercise

Step 1: The Transition (3 minutes)

- From the building door, step outside.
- Stop. Wait for check-in. Reward.
- Walk 10 steps. Stop. Check-in. Reward.
- Walk 10 steps. Stop. Check-in. Reward.
- Do not rush. The first 3 minutes set the tone for the entire walk.

Step 2: The Walk (7 minutes)

- Start walking down the sidewalk.
- Go slow. Slower than you think.
- Every 15-20 steps, stop. Check-in. Reward.
- If the dog pulls? Freeze. Wait. Reward the release. Continue.
- Change directions frequently — every 20 steps, turn left or right. This forces the dog to watch you.
- Walk in a loop. Return to the building area.



Step 3: The Check-In Drill (3 minutes)

- Walk. Stop. Check-in. Reward.
- Do this 10 times in a row. Quick stops. Quick rewards. Heavy praise.
- This reinforces: human stops = dog looks at human.

Step 4: The Final Stretch (2 minutes)

- Walk back toward the building.
- Stop at the building entrance. Check-in. Reward heavily.
- Enter the building. Stop. Check-in. Reward.

Step 5: Celebrate

- This is a win. You completed the first walk.
- Even if it was short. Even if the dog pulled once. Even if it wasn't perfect.
- Celebrate. Your dog did it.

Day 7 Checklist

Task	Done?
Completed first 15-minute walk	☐
Stopped and checked in at least 10 times	☐
Changed direction frequently	☐
Dog pulled less than before	☐
Celebrated the win	☐

Day 7 Troubleshooting

Problem	Solution
Dog pulls immediately	Go back to Day 6. You rushed. Do more parking lot practice.
Dog is overstimulated	Shorten the walk. 5 minutes is enough. Try again tomorrow.
Dog is reacting to other dogs	Cross the street. Create distance. Reward calm behavior.
Dog is pulling toward home	Walk away from home. Use the distance as motivation. Reward when they walk beside you.
Walk didn't go perfectly	That's okay. Tomorrow is Day 8. Keep practicing. The foundation is there.



Day 8+: Maintenance

The 7 days are done. Now you maintain.

Ongoing Rules

Rule	Why
Always stop when the leash tightens	Never reward pulling. Ever.
Reward check-ins randomly	Keep the dog guessing. Variable reinforcement is more powerful.
Continue practicing in low-distraction areas	Revisit Day 1-2 exercises once a week.
Gradual exposure to higher distraction	Slowly increase difficulty. Don't rush.
Walk before meals, not after	Food motivation is higher when the dog is hungry.

The 3-Stage Progression (For Ongoing Practice)

Stage	Environment	Distraction Level	Goal
Stage 1	Inside the house	Zero	Perfect check-ins, zero tension
Stage 2	Building hallway	Low	Calm walking, direction changes
Stage 3	Parking lot/garden	Medium	Freedom with long line, but rules apply
Stage 4	Street (quiet)	Medium-High	First walk, check-ins, no pulling
Stage 5	Street (busy)	High	Real-world walk with distractions

Never move to Stage 5 until Stage 4 is solid.



Frequently Asked Questions

Q: My dog is 2 years old. Will this still work?

A: Yes. Older dogs take longer to unlearn habits, but the method works. Just be patient. It might take 14 days instead of 7.

Q: My dog is a rescue with anxiety. What do I change?

A: Go slower. Stay on Day 1 for a week if needed. Use higher-value treats (chicken, cheese). Praise any calm behavior. Don't push. Anxiety needs time. Also, if it is anxiety then you need to work on resolving the "WHY" for the anxiety before you work on loose leash walking.

Q: What if my dog doesn't eat treats outside?

A: Your treats aren't high-value enough. Use real meat. Or use a toy if your dog is toy-motivated. Find something they value.

Q: Can I use a prong collar or e-collar?

A: No. This guide uses only positive reinforcement and pressure-release learning. Punishment teaches fear. We teach trust.

Q: My dog pulls when they see another dog. What now?

A: That's a reactivity issue, not a leash pulling issue. For now: cross the street, create distance, and reward calm. If needed, seek professional 1-on-1 coaching.

Q: How long before I see results?

A: You'll see some improvement after Day 3. Real results show up around Day 6-7. Consistency matters more than speed.



Final Words From Your Behaviourist

The walk starts at home. Inside. Hallway. Parking lot. Street. In that order.

Your dog isn't 'stubborn.' They're confused. They don't know what you want.

This guide gives them clarity.

Now it's up to you to follow through.

Start inside. Win outside.

You've got this.

— [Your Name]
Canine Behaviourist

Need More Help?

- Comment “WALK” below for a free 7-day checklist PDF
- DM me for 1-on-1 coaching
- Follow for daily loose leash tips

Start inside. Win outside.

Furry Cuddles
World