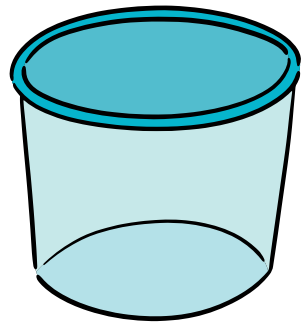


# SMART X 50

## See, Mark and Reward training

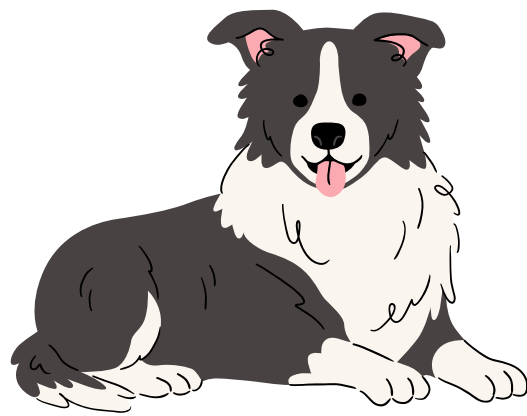


Capturing behavior that your dog offers organically is an easy and very effective way to increase desirable behavior. The more we capture and reward behaviors we like, the more they will take the place of undesirable ones because they are simply more reinforcing for your dog.



### STEP 1: SETTING UP

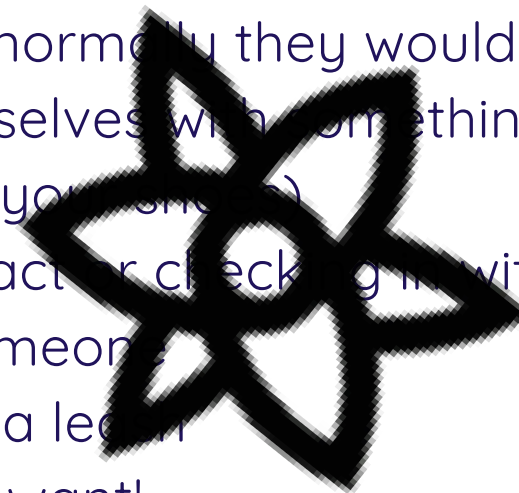
Start your day by counting out 50 treats. Since this is a large volume, you will want to cut the pieces very small or use some of your dog's meal. Set up a few "treat stations" around the house where you spend the most time with your dog.



### STEP 2: WHAT BEHAVIOR WOULD YOU LIKE TO SEE?

Think about what behaviors you would like to see more of. Examples include:

- Laying down/sitting calmly
- Waiting patiently before receiving something they want
- Being quiet when normally they would be barking
- Entertaining themselves with something "legal" (e.g. a chew toy you have provided vs. your shoe)
- Offering eye contact or checking in with you
- Starting to greet someone
- Walking nicely on a leash
- Anything else you want!



### STEP 3: SEE, MARK, REWARD, REPEAT

During this training, you are never asking your dog to perform a behavior for a treat. Instead, you are focusing on noticing when they are doing something you like, without being asked and rewarding them. Throughout the day, make a point to look at your dog and notice what they are doing. If what they are doing is something you want to see more of, say "yes" (mark the behavior) and give them a treat from the closest treat station. Your goal is to distribute all 50 treats by the end of the day.



### WHAT IF MY DOG DOESN'T OFFER ANY BEHAVIOR I LIKE?

If you are not finding enough behavior worth rewarding throughout the day, think about whether your dog's needs for exercise, mental enrichment and social play are being met, whether you can control their environment to make desirable behavior more likely, and what the smallest version of the behavior you want would look like (e.g. did he wait patiently for even a moment? Was he quiet for a bit longer than usual? Did he move his head toward you, even if it wasn't direct, sustained eye contact?)