



## The **Exceptional Canines™** 3 / 10 IOU Method of Potty Training

**You don't improvise potty training. You design it.**

- **Pick One Door** – Use it every time. When you arrive at the door, ask for a **Sit**, mark with “**Yes**,” and reward. Calm before threshold matters.
- **Pick One Spot** – Go to the same spot every time. No wandering. This is elimination only.
- **Pick one Door Phrase** – Approach the door, ask for a Sit, **Yes + Treat**, then say your phrase (e.g., “*Let's go outside!*”) three times in a happy, upbeat tone. High energy. Positive. You walk out first — always. The dog is on a leash. Structure leads.

**NOW...**Take your dog directly to their designated spot. Once you arrive, and only once you arrive, deliver your **Go Phrase**.

- **Pick one Go Phrase** – say it once, calmly, to cue elimination. (**Hurry Up** in a **Monotone**)

**If they eliminate:** Wait until the **last drop** of pee or poop. Then activate. Repeat your Go Phrase three times in an **excited tone** (hurry up, hurry up, hurry up!) and deliver the **Jackpot** — 6–7 high-value treats, one at a time, like coins from a slot machine. Let them finish each piece before giving the next. **Make it matter**. Then document when they go and when they don't so you can see the patterns clearly.

- **Feed on a schedule** – control input/output. **No Free Watering, No Free Feeding = Predictability which equals reliability**. So, be flexible when needed...just no unlimited access anymore.
- **Engineer smart confinement** – Crate, leash, or direct supervision. Reduce mistakes. Every accident rehearsed strengthens the wrong habit.

### **When to Take Your Dog or Puppy Out:**

- **Immediately after** waking (crate or nap)
- **After** every meal
- **After** drinking
- **After** 15–20 minutes of play
- **After** excitement (guests, zoomies)
- **Before** bed
- **Every** 1 hour (young puppies)
- **Every** 2–3 hours (older puppies & adults)

### **IOU – Under Direct Supervision**

**I** – In a Crate **O** – On a Leash **U** – Under Your Direct Supervision (never out of your site and usually on a leash again or attached to you like an umbilical cord. Think fanny pack, leash with a carabiner or runners leash)



## Daily Totals

Total Pee: \_\_\_\_\_

Total Poop: \_\_\_\_\_

Stool Quality (1–5): \_\_\_\_\_ 1 = Runny to 5 = Solid

Food Given (Daily Amount): \_\_\_\_\_

Treats Given Per Day: \_\_\_\_\_

Water Given (Daily Amount): \_\_\_\_\_

Accidents: \_\_\_\_\_

IOU Compliance:  100%  Minor Slip  System Breakdown? What happened? Write it below.

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## Weekly Pattern & Trust Review

Most common potty times: \_\_\_\_\_

Most common accident window: \_\_\_\_\_

Did accidents follow meals?  Yes  No

Did accidents follow play/excitement?  Yes  No

Was IOU followed consistently?  Yes  No

Where did management break down? \_\_\_\_\_

## Trust Meter:

Week 1  Restricted

Week 2  Controlled

Week 3  Expanding Freedom

Room access added: How long \_\_\_\_\_

Accident free?  Yes  No



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