

# PUPPY SLEEP & TOILET TRAINING LOG

Week of: \_\_\_\_\_

Puppy name: \_\_\_\_\_

Age: \_\_\_\_\_

Breed: \_\_\_\_\_

TIME & EVENT	MONDAY Date: _____	TUESDAY Date: _____	WEDNESDAY Date: _____	THURSDAY Date: _____	FRIDAY Date: _____	SATURDAY Date: _____	SUNDAY Date: _____
<b>Midnight–2am</b> <i>Night</i>							
<b>2am–4am</b> <i>Night</i>							
<b>4am–6am</b> <i>Night / Wake</i>							
<b>6am–7am</b> <i>Wake &amp; Toilet</i>							
<b>7am–8am</b> <i>Feed / Play</i>							
<b>8am–9am</b> <i>Sleep</i>							
<b>9am–10am</b> <i>Toilet / Play</i>							
<b>10am–11am</b> <i>Sleep</i>							
<b>11am–Noon</b> <i>Toilet / Play</i>							
<b>Noon–1pm</b> <i>Feed / Play</i>							
<b>1pm–2pm</b> <i>Sleep</i>							
<b>2pm–3pm</b> <i>Toilet / Play</i>							
<b>3pm–4pm</b> <i>Sleep</i>							
<b>4pm–5pm</b> <i>Toilet / Play</i>							
<b>5pm–6pm</b> <i>Feed / Play</i>							
<b>6pm–7pm</b> <i>Toilet / Wind-down</i>							
<b>7pm–8pm</b> <i>Sleep</i>							

PEMBER DIAMONDS KNOWLEDGE NETWORK · Puppy Sleep & Toilet Training Log · Weekly Record Sheet

<b>8pm-9pm</b> <i>Last Toilet</i>							
<b>9pm-10pm</b> <i>Bed / Crate</i>							
<b>10pm-Midnight</b> <i>Night</i>							
<b>ACCIDENTS</b> <i>Time + location</i>							
<b>DAILY TOTALS</b> <i>Sleeps / Toilets / Accidents</i>	Sleeps: ____ Toilets: ____ Accidents: ____	Sleeps: ____ Toilets: ____ Accidents: ____	Sleeps: ____ Toilets: ____ Accidents: ____	Sleeps: ____ Toilets: ____ Accidents: ____	Sleeps: ____ Toilets: ____ Accidents: ____	Sleeps: ____ Toilets: ____ Accidents: ____	Sleeps: ____ Toilets: ____ Accidents: ____

## HOW TO USE THIS LOG

A two-week log gives you enough data to spot patterns. Most toilet training breakthroughs come not from changing what you do, but from seeing what is already working.

### LOG ENTRY GUIDE

<p><b>SLEEP</b></p> <p>Mark the start and end time of each sleep. Note whether the puppy settled easily or needed settling, and whether they woke mid-nap.</p>	<p><b>TOILET — SUCCESS</b></p> <p>Mark with a tick or 'W' (wee) / 'P' (poo). Note whether you took them out or they signalled, and how long after waking/eating/play.</p>
<p><b>ACCIDENT</b></p> <p>Note the time, location, and what was happening just before. Accidents on the log are data, not failures — they show where the gaps are.</p>	<p><b>FEEDING</b></p> <p>Record the time and amount fed. Feeding time predicts toilet time — most puppies need to go out within 5–20 minutes of finishing a meal.</p>
<p><b>NIGHT / CRATE</b></p> <p>Note what time the puppy went into the crate, any overnight waking, and what time they were taken out in the morning.</p>	

### TIPS & GUIDANCE

<p><b>READING THE PATTERNS</b></p> <ul style="list-style-type: none"> <li>- Look at the gap between waking and first successful toilet — if it's consistently over 10 minutes, the morning routine needs to move faster.</li> <li>- If accidents cluster at a specific time every day, that is a missed toilet opportunity — add an extra trip out 15 minutes earlier.</li> <li>- A puppy sleeping less than expected may be overtired and over-stimulated — increase nap enforcement.</li> <li>- Most puppies under 12 weeks cannot hold their bladder for more than 2 hours during the day.</li> </ul>	<p><b>TOILET TRAINING PRINCIPLES</b></p> <ul style="list-style-type: none"> <li>- Always take the puppy to the same spot — scent cues reinforce the location habit faster than any training.</li> <li>- Reward within 3 seconds of the act completing — not on the way back inside.</li> <li>- Never punish accidents after the fact. The puppy cannot connect the consequence to the act if it happened more than a few seconds ago.</li> <li>- Night waking: take outside silently, toilet, back to crate — no play, no fuss, no lights. This teaches night toileting is not the start of a play session.</li> </ul>	<p><b>BREED NOTES</b></p> <ul style="list-style-type: none"> <li>- Beagles: highly scent-driven — the same toilet spot, marked by their own scent, is a powerful cue. Keep the spot consistent, even if it means cleaning up less thoroughly for the first few weeks.</li> <li>- Corgis: herding breeds respond well to clear routines. A predictable schedule suits them — erratic toilet trips produce erratic results.</li> <li>- Both breeds: feed at the same times every day. Variable feeding = variable toilet timing = harder to predict and prevent accidents.</li> <li>- Both breeds: puppies in new homes may regress on a toilet schedule they had at the breeder's. This is normal — the environment is different. Start from scratch.</li> </ul>
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### WEEK SUMMARY NOTES

*What went well this week? What patterns did you notice? What will you try differently next week?*

