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| Walking long distances | 50 to 100, walking at a time. | 100 to 200m walking at a time | 200 to 400m walking at a time | 20 to 30 minutes of walking at a time | Growth plates are set so distance and duration can be increased. |
| Walk and sniff on the walk (slow walking) | 10 to 15 minutes at a time | 15 to 20 minutes at a time | 20 to 30 minutes at a time | 30 to 45 minutes at a time | No limits depending on the dog |
| Running with your puppy. | Play running for short distances only | Play running for short distances only | Recall running and short distances | Recall running and slowly increase distances. | Growth plates are set and running as usual. |
| Jumping | No jumping, puppy to be carried up and down stairs | No jumping over your puppy’s wrist height. | No jumping over your puppy’s wrist height | Jumping can be increased to elbow height | Gradually increase height, considering your dog’s capability. |
| Chasing balls or other objects | Roll the ball or object close to the ground | Roll the ball or object close to the ground | Roll the ball or object close to the ground | Roll the ball or object close to the ground | Play ball.  |
| Sport like dog Agility | No jumping, tunnel and intro to weaves, only | No jumping; puppy can learn to run through jumps without any bars. | No jumping, puppy can learn about see-saw and how to weave. | No jumping full heights, puppy can run over crossbars on the ground, learn about dog-walk and learn to run around jumps | Growth plates are set, and the dog can gradually start jumping.  |
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 Puppy Exercise Chart

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| --- | --- | --- | --- | --- |
| 8 to 12 weeks | 12 to 16 weeks | 4 to 6 months | 6 to 12 months | 18 to 24 months |