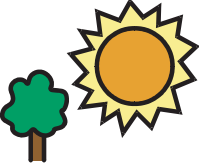




For use with laminated Exercise and Treat Chart – use velcro to attach. See 'Healthy Eating and Gentle Exercise' leaflet for recommended amounts of exercise and treats. If required, the number of treats can be increased.



Exercise and Treat Chart

day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Su (M) T W Th F S	Su M (T) W Th F S	Su M T (W) Th F S	Su M T W (Th) F S	Su M T W Th (F) S	Su M T W Th F (S)	(Su) M T W Th F S
exercise 							
treats 							

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