




Use the following checklist to determine your dog's ideal walking routine. **Every pup is different**, and the best routine balances their breed, age, energy level, and your lifestyle.

Age	Walking Needs
Puppy (8 weeks - 1 year)	5-10 minutes per month of age 2-4x/day (short but frequent walks)
Adult (1-7 years)	30-60 minutes 1-2x/day minimum
Senior (7+ Years)	30 minutes daily, possibly split into shorter walks

 **Woofie's Tip:** Seniors may need more breaks, while puppies may need extra potty breaks

Breed Energy Level	Examples	Walk Frequency
High-Energy	Border Collie, Lab, Husky	60-90 min/day, split into 2-3 walks
Moderate-energy	Beagle, Bulldog, Cocker Spaniel	30-60 min/day
Low energy/laid back	Basset Hound, Shih Tzu, Great Dane	30-60 min/day



 **Woofie's Tip:** Smaller dogs often need shorter but more frequent walks. Working breeds typically need more physical and mental stimulation


Your Routine/Lifestyle	Walk Solution
Work from home, Flexible Schedule	Mid-morning & evening walks
Out of the house 9-5	Midday walks are essential
Busy/frequent traveler	Consider daily walks via trusted service like Woofie's

 **Woofie's Tip:** We offer recurring one-time walks - perfect for every kind of schedule

Medical or Mobility Issue	Potty Training Puppy
Consult your vet. Shorter gentler walks may be better. Protective gear and indoor play may be recommended.	Aim for short walks every 2-3 hours during the day

## Signs Your Dog Needs More Walks:

-  Restlessness or pacing
-  Barking or whining

-  Chewing or destructive behavior
-  Recent weight gain