



— MINIMUM EFFECTIVE CARE

Responsible Apartment Dog Daily Routine Checklist

A repeatable baseline for quieter, cleaner, calmer apartment life. Use this as a practical prompt, then adjust for your dog's age, health, behavior and household needs.

DOG _____

DATE _____

DAY TYPE _____

AM Morning

- ☐ Potty opportunity suited to the dog and building
- ☐ Movement or sniffing before a long indoor stretch
- ☐ Fresh water, meal or medication plan as applicable
- ☐ Calm transition before I leave or start work

MID Midday

- ☐ Potty/support plan is available if needed
- ☐ Useful engagement or short check-in
- ☐ Alone-time or barking pattern noted
- ☐ Clean zone checked after accidents or use

PM Evening

- ☐ Potty opportunity and appropriate movement
- ☐ Enrichment, play, training or connection
- ☐ Hallway/window triggers managed where possible
- ☐ Odor or cleanup need addressed promptly

BED Before Bed

- ☐ Final potty rhythm completed
- ☐ Water, bedding and rest zone checked
- ☐ Behavior or health changes recorded
- ☐ Tomorrow's support plan confirmed

Quiet

Reduce preventable triggers and neighbor disruption.

Clean

Keep potty rhythm and cleanup manageable.

Calm

Protect movement, enrichment, rest and observation.



— REDUCTION DOCTRINE

Notice what keeps becoming hard.

Use this weekly reset to learn which part of apartment dog care needs a simpler routine, a better setup or qualified help.

Weekly reset

- ☐ Wash or reset bedding and clean zones as needed
- ☐ Restock cleanup and enrichment basics
- ☐ Review potty timing and accident patterns
- ☐ Review barking or alone-time patterns
- ☐ Adjust movement or enrichment plan
- ☐ Plan support for long workdays

This week's pressure point

What part of daily life became difficult most often?

Observation notes

BARKING / TRIGGER PATTERN

POTTY / ODOR PATTERN

ALONE-TIME PATTERN

ENERGY / REST PATTERN

Responsible care boundary

This checklist supports ordinary routines and observation. Sudden health changes, persistent pain, severe distress, aggression, self-injury or immediate safety concerns need appropriate veterinary or qualified behavior support.

Need a clearer starting point?

Visit denwelldogs.com to take the Apartment Dog Care Check or ask Den Well Dogs about the issue shaping your day.