

Printable resource

Calm Walk Reset Checklist

A printable loose-leash starter checklist for practicing resets before the walk becomes a pulling contest.

Audience: For dogs who pull but can still take food and respond in a quiet setup.

Safety boundary: This checklist is not enough for bite risk, severe reactivity, or unsafe handling on walks.

Online guide

Open the online page for related guide links and current site notes:

<https://doggamefinder.com/resources/calm-walk-reset-checklist/>

Checklist

Count

Write down when the leash first goes tight: door, driveway, corner, smell, or another dog.

Start quiet

Practice five resets indoors or just outside the door.

Reward check-ins

Mark one voluntary look back before asking for more.

Shorten the route

End the training walk before pulling becomes the whole pattern.

Avoid hard triggers

Do not train beside the hardest dog, bike, or busy path first.

Track recovery

Note how long it takes for your dog to eat and respond again.

Review safety

If you cannot control the dog, get hands-on help before practicing.

Walk reset notes

Field	Notes
First tight-leash moment	
Quiet setup used	
Check-in reward	
Recovery time	
Route change	

Use the notes to spot patterns and decide whether to make the setup easier, stop earlier, or ask for qualified in-person help.