

# SMART x 50

See **M**ark **A**nd **R**eward **T**raining



SMART x 50 is a training exercise that helps us notice and reward desirable behaviors that your pet does and is a great way of promoting nice behaviors while you go about your daily life. Remember, if you reward it then it will likely be repeated, so use SMART x 50 to make a habit of noticing and rewarding behaviors you like!

Behaviors you see can be as simple as laying down on their own, playing independently with a toy instead of mouthing at your hands, or sitting nearby while you make dinner. Even if this behavior only happens for a moment you can "capture" it by marking with a clicker or "yes" and then rewarding. With SMART x 50 we are looking for lots of opportunities to tell our pets what we like - 50 is the goal! - but even if we notice and reward less than fifty we can still make a big difference in our pet's overall behavior.

## You'll Need



50 pieces of kibble or small treats



A clicker or marker word like "yes"

Tip: place small lidded jars or plastic containers of treats in rooms where you spend a lot of time (living room, kitchen, etc). Then you'll be prepared to easily reward your dog when you see behaviors you like!

## How to Use SMART x 50

1. **SEE** your pet doing something you like
2. **MARK** the behavior with a click or "yes"
3. **REWARD** with a piece of kibble or small treat
4. **Repeat throughout the day! The goal is to find 50 opportunities to let your pet know that you like what you see. After all, if you reward it, they're more likely to repeat it!**

Practice SMART x 50 for two weeks and notice what nice behaviors start to be repeated!

The SMART x 50 program was developed by Kathy Sdao, an Associate Certified Applied Animal Behaviorist. For more information check out her book *Plenty in Life is Free - Reflections on Dogs, Training, & Finding Grace*

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