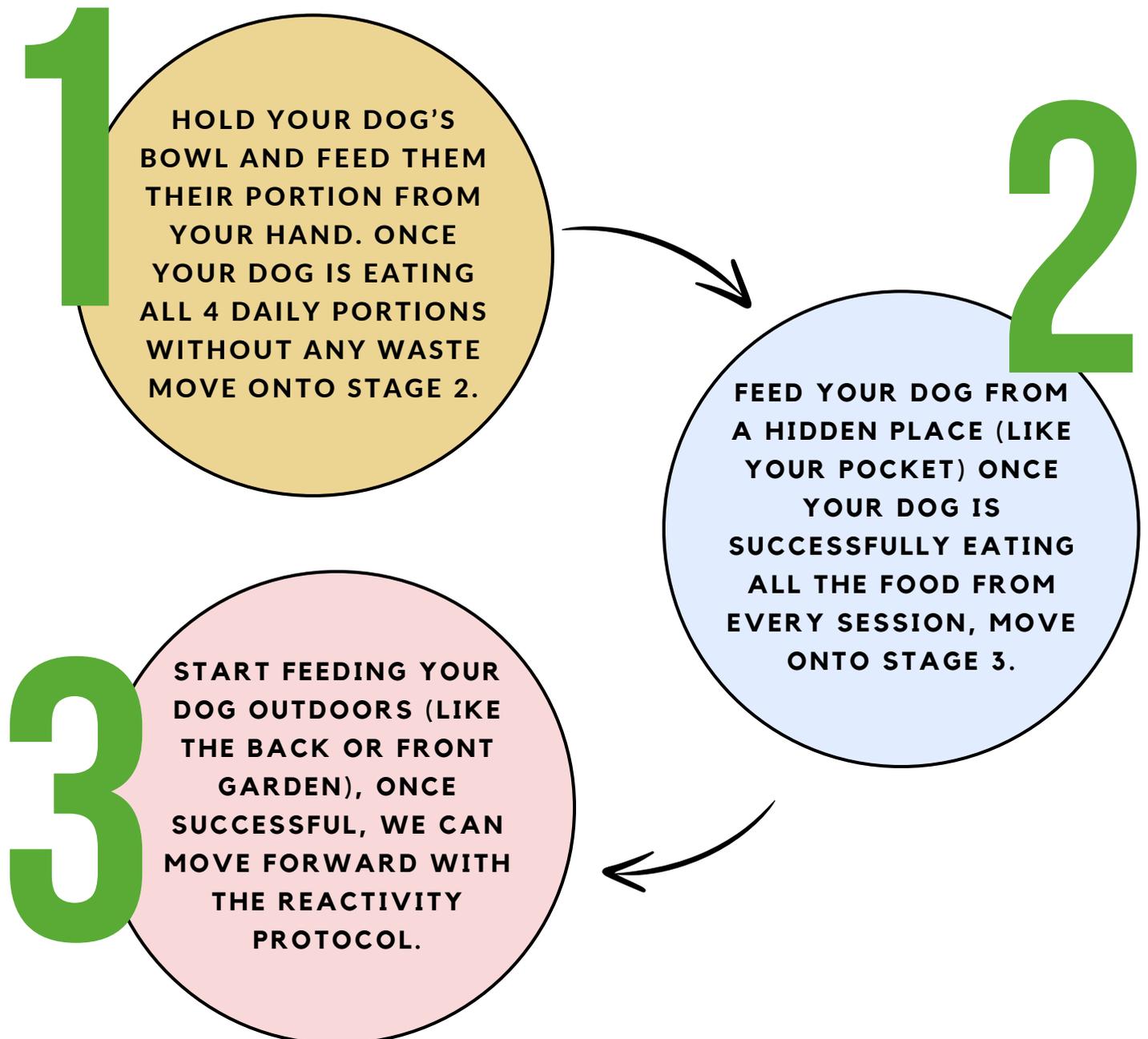


THE 3 STAGES OF BUILDING FOOD MOTIVATION

I've split this system into 3 stages for you. Before progressing to each stage, ensure that the previous stage has been completed effectively!



Refer to pages 5-7 to track your dog's daily food intake throughout the 3 stages and make records of any notes you need to help you and your dog progress!

But before that...



PRINT ME!

I NEED YOU TO CHECK THIS OUT...

You'll be amazed at how many well-known dog food brands are full of sh*t!

Quite a lot of them are unbelievably low in essential nutrients, and are padded out with unhealthy fillers that have massive effects on your dog's behaviour and energy levels (*it's the equivalent of feeding your kids a Big Mac everyday!*)

So before getting started on hand feeding, check your dog's food and make sure it's hitting the recommended nutrient ranges while still fitting your budget.

Here's what to look for:

NUTRIENT	WHAT TO LOOK FOR	ACCEPTABLE RANGE
PROTEIN	Prioritize named animal proteins like chicken, beef, or salmon. Avoid terms like "meat meal." Remember: Quality over quantity – animal-sourced proteins are always best!	30% in dry food; 5-8% in wet food
FATS/OILS	Look for named sources like chicken fat or fish oil. Avoid labels like "animal fat." Balance Omega-3s (like fish oil) and Omega-6s (like chicken fat) for optimal results. Good fats keep the coat shiny and the brain sharp!	9-14% in dry food; 2-4% in wet food
FIBER	Go for natural sources like beet pulp, pumpkin, or chicory root. Keep it simple, keep it natural. Fiber makes for a happier tummy! Well-balanced dog food will do this for you!	No recommended range

FOR MORE INFORMATION VISIT: [HTTPS://WWW.ALLABOUTDOGFOOD.CO.UK](https://www.allaboutdogfood.co.uk)

HAND-FEEDING TRACKER

Use this chart to track your dog's food intake and training sessions when hand-feeding in **Stage 1**:

STAGE 1				
DATE:	DAILY FOOD INTAKE	TIME	AMOUNT EATEN	NOTES
	PORTION 1			
	PORTION 2			
	PORTION 3			
	PORTION 4			

TOTAL AMOUNT CONSUMED:

STAGE 1				
DATE:	DAILY FOOD INTAKE	TIME	AMOUNT EATEN	NOTES
	PORTION 1			
	PORTION 2			
	PORTION 3			
	PORTION 4			

TOTAL AMOUNT CONSUMED:



PRINT ME!

HAND-FEEDING TRACKER

Use this chart to track your dog's daily food intake and training sessions when hand-feeding in **Stage 2**:

STAGE 2				
DATE:	DAILY FOOD INTAKE	TIME	AMOUNT EATEN	NOTES
	PORTION 1			
	PORTION 2			
	PORTION 3			
	PORTION 4			

TOTAL AMOUNT CONSUMED:

STAGE 2				
DATE:	DAILY FOOD INTAKE	TIME	AMOUNT EATEN	NOTES
	PORTION 1			
	PORTION 2			
	PORTION 3			
	PORTION 4			

TOTAL AMOUNT CONSUMED:



PRINT ME!

HAND-FEEDING TRACKER

Use this chart to track your dog's daily food intake and training sessions when hand-feeding in **Stage 3**:

STAGE 3				
DATE:	DAILY FOOD INTAKE	TIME	AMOUNT EATEN	NOTES
	PORTION 1			
	PORTION 2			
	PORTION 3			
	PORTION 4			

TOTAL AMOUNT CONSUMED:

STAGE 3				
DATE:	DAILY FOOD INTAKE	TIME	AMOUNT EATEN	NOTES
	PORTION 1			
	PORTION 2			
	PORTION 3			
	PORTION 4			

TOTAL AMOUNT CONSUMED:



PRINT ME!

