



**Dog Scouts of America**  
**Merit Badge Check-Off Sheet**

**DOGa Exercise**

Items **bolded** below are requirements that must be demonstrated to the Evaluator. Non-bolded items are training steps that may be introduced in class and are helpful for achieving the requirements. All behaviors must have been taught or re-taught to the dog (preferably using a new cue), using only positive reward-based methods.

- Handler can describe the dog's specific body type and its implications for athletic activities for the dog**
- Handler can explain how to calculate the dogs height/weight ratio and accurately calculates it for the dog**
- Handler can describe the benefits of DOGa exercise and knows the specific types of exercises that will benefit the dog, including passive and active stretching**
- Dog remains calm and easily accepts passive stretching on both front and hind limbs**
- Dog can demonstrate 3 different active stretches**
- Handler can describe the various types of equipment, including inflatable platforms used for DOGa exercise and knows safety concerns to be aware of when using the equipment to exercise the dog**
- Handler understands how to transition passive and active stretching exercises to inflatable platforms in order to increase difficulty and build proficiency
- Handler can describe the 3-step approach to completing DOGa exercises and why it is used
- Dog can demonstrate 3 different DOGa exercise sequences that benefit different muscle groups using the 3-step method on at least 3 different inflatable platforms. Dog must perform at least one of the exercises with all 4 feet on a platform**
- Handler has created a DOGa training plan for the dog which includes activity at least 3 days per week and keeps track of exercises completed using a training journal. The training plan is clearly designed to build difficulty as the dog gains strength and confidence**