



CHALLENGE GUIDE

Everything you need to know
to get the most out of
Seven Days of Scentventure!





Welcome to Seven Days of Scentventure 2022!

If you have a
reactive or
distracted dog,
you are exactly
where you
need to be!

The 7-day challenge is a small peek into the world of Scentventure; a taster of how simple, fun activities and training can enhance our lives with our reactive & distracted dogs. For many, the 7 Days Challenge is just the start of a journey and a new way of life!

Scentventure is a complete lifestyle approach to dog training and behaviour made up of four Compass Points; we consider these the essentials to keep our dogs fit, happy and healthy!

The amazing team of friendly, generous and knowledgeable Scentventure Guides are waiting to help you.

Good luck!

Katie 🐾



SEVEN DAYS OF SCENTVENTURE



So, what are the Compass Points?



Partnership: navigate distractions, master recall and loose lead walking. Become infinitely better at managing your dog's behaviour and know *exactly* what to do when you're taken by surprise.



Environment: physical fitness and focus. Adventure-based activities that connect you as a team to build laser sharp focus.



Exploration: for relaxation and discovery. Tap into your dog's natural senses to leave them calm and happy... and feeling like a dog!



Scent: For calm, focus and confidence. Different styles of searching designed for relaxation and focus. At home, in the garden and out on walks.



SCENTVENTURE AWARDS

Psst! These are real
badges Club
Dogwood members
earn throughout the
year!

Why should I take part?

Would you like your dog to be...

- **Focused on you? Choosing you before distractions?**
- **Fulfilled, calm and content? Restful once home?**
- **Confident to explore new places? Relaxed on walks?**

Through understanding how the environment affects your dog and instigating the training and activities, you can make that environment work for you, become infinitely better at managing your dog's behaviour and know exactly what to do if you're taken by surprise.

Scentventure helps you to finally gain control of your dog's training and behaviour issues by following a proven, simple path - with lots of fun along the way - within a community of understanding and supportive dog owners.

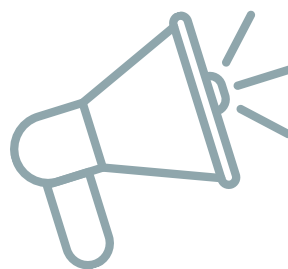
SEVEN DAYS OF SCENTVENTURE



How does it work?

A new challenge is released every day at 8am

Follow the instructions and have a go! Record your efforts, post your videos in the group for feedback and ask for support or advice if needed.



#7DAYS22

Every day we go Live at Five (5pm) on Zoom

We're bringing you a whole range of topics to expand that Scentventure toolbox and knowledge base.



How do I earn the badge?!

1. **Have a go** at every activity.
2. Post your recordings in the Facebook group with the hashtag **#7days22**.
3. Once you've finished everything, order your badge here:
<https://scentventure.dog/scentventure-award-badge-order/>

*The 2022
Special Limited Edition
badge!*

LIVE AT FIVE SCHEDULE



7th 5pm

Your First Steps to Scentventure Success

8th 5pm

No Brainer Techniques for Defeating Distractions

9th 5pm

Pull the Trigger: Why Management Matters

10th 5pm

Ugly Walks: how to find the perfect low-distraction environment and what to do there

11th 5pm

Had a bad walk? Confidence and decompression after a setback

12th 5pm

Behind the Scenes with Annual Achievement Award Winners: how they achieved success

13th 5pm

Grand Finale!

7 DAYS OF SCENTVENTURE KIT LIST

You're in for a treat this week!

We're going to be sharing some simple, fun Scentventure activities with you and explaining why they are so beneficial for you and your dog.

Whilst they are simple, the week is fast-paced with a new activity to try every day! Having the kit prepared and ready to go will allow you to get stuck in straight away.

We can't wait to see how you get on with the activities. We'll be there to advise you every step of the way!

Day 1

Today is all about the foundations so we can set you up for success over the week ahead! Therefore there isn't any practical training planned for Day 1, but look out for the foundation challenge.

Day 2

High value treats

Day 3

Soft 'smooshable' food e.g. cheese, cheese spread, pate, sausage. Cut up small.

Day 4

- Small, high value treats.
- A sealable pot to store them in.

Day 5

- Small, high value treats
- A set of 4-6 bowls, food tubs or small boxes
- (These need to be size appropriate so your dog can take a treat from them)

Day 6

Small, high value treats

Day 7

- String, ribbon or washing line
- Pegs (optional - more ribbon/string can be used as an alternative)
- Stable 'uprights' - something like two table legs, two kitchen cupboard handles or a clothes airer
- Sliced cooked meat, cheese, sliced fruit/veg

(Don't worry too much about the 'uprights' for now - there will definitely be something suitable in your home already).

Ingredients for Day 7 recipe:

- 100g plain flour
- 2 eggs
- 300ml milk
- 1 tbsp sunflower/vegetable oil

**THE RECIPE IS AN OPTIONAL EXTRA!
IF YOU DON'T HAVE TIME TO BAKE, WE'VE
GIVEN YOU ALTERNATIVES.**

TOP TIP!

On Day 1 of the challenge one of the activities gives you information about 'high value' treats so you can select the most useful ones for your dog.

SEVEN DAYS OF SCENTVENTURE



Last January over 1200 people took part in the Challenge!

This is what some Scentventurers said afterwards...

What an amazing experience, thanks to all the team for making this available, Toni and I have learnt so much!

Muriel & Toni



It really has been extremely useful and we have learned so much about our pooches which we can continue to use in our daily lives.

Lisa & Ellie

I only found the challenge by chance through a facebook ad, I don't normally sign up to these sorts of things but am so glad I did! We have loved the week of challenges so much, it has given both me and Stan so much more confidence - this morning we were brave enough to go for our morning walk in the park in daylight rather than sneaking out in the dark to avoid other dog walkers, and we survived with only minor jumpiness when an off-lead dog came too close (and that was soon forgotten after a few bears!). I feel like there is hope we will eventually be able to go to public places and enjoy interesting walks without stressing about how busy they might be, which would be amazing! THANK YOU!! Can't wait to get started on the new activities in Feb.

Jenny & Stan

For me dog training is usually something I undertake alone, but by pushing me out of my comfort zone with sharing each challenge, and reading how others also succeeded, it made it a great start to the year. Thank you.

Nigel & Jasper

Thank you so much for the experience. Bella has loved it, and I am sure that many of the activities will continue to help her with her distraction and excitement around other dogs

Paula & Bella

Thank you everyone involved. I especially enjoyed how all the newbies were amazed, excited and loving working with their dogs.

Rachael & Otto



SEVEN DAYS OF SCENTVENTURE

I just wanted to say the sincerest of thank yous for all your help this week. I have had a 1-2-1 trainer from July and you have helped me and Buddy in these 7 days more than he has in the past 6 months.

You have helped me recognise what makes Buddy anxious and how to help build his confidence.

Beth & Buddy

Just want to say we had a great time, enjoying Charlotte our pooch working through all your exercises and seeing her being so happy and relaxed.

Christine & Charlotte

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Firstly, thank you so much and the Scentventure Guides who have helped Callie and me so much this last week.

I knew that I wanted to make changes but I wasn't equipped very well with the tools to make change and I was getting down about going out for a walk.

With your help and the guides, I've felt so much happier just spending time with Callie; setting up an exploration zone, playing 'cache' and the rucksack game. I haven't walked Callie all week and today I decided that I was going to have the courage to do it. I decided to accept the fact that she would pull me and instead focus on what I could do with her to make her and me happy. Usually I have to take all her food out with me and we walk almost every step with a piece of food/treat. Today, I let her walk and then every so often tried 1,2,3. In lots of cases, her focus turned to me and we managed to get past another dog without too many issues and a boy playing a football, which was massive.

We did a few 'Bears' in the environment and I could hear Callie sniffing lots and not pulling nearly as much. We both enjoyed the walk, even though short, and I could feel myself smiling!

I forgot to say that I played cache this morning a few times and gave her a licki mat before we left the house and I also walked around an industrial estate, (so semi ugly) but I was so proud of US! You have given me confidence again!

I honestly, wouldn't of felt I could do this without you and this group. Thank you!

Louise & Callie

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I just want to say how much I have enjoyed this week and I have learnt so much about my dog. I am so fascinated with dog behaviour and dog psychology. I have spoken to several trainers who just "train" and don't appear to look at the deeper reasons for their behaviour which is why I love your training so much more than others.

Catherine & Betty

Thank you so much for this week! I have enjoyed it so much. It has been fab and really helped me to bond more with Bailey and enjoy our time outside together. Some really good challenges and things to build on. So glad it popped up on my fb page.

Thanks for all of your hard work and efforts. Much appreciated.

Helen & Bailey