First week workbook

Prepare the home and care routine for arrival

Practical planning support only. Not a veterinary diagnosis, official registration or legally recognized travel passport.

1. Prepare your puppy's first day home

Make arrival less chaotic

[ ] 1. Plan a quiet resting place and safe arrival route

[ ] 2. Ask for the puppy's current feeding and care routine

[ ] 3. Choose a reachable veterinary clinic and emergency contact

[ ] 4. Keep the handover records somewhere accessible

Open this tool online:
https://puppypassport.theknowledgeformula.com/tools/prepare-your-puppy-s-first-day-home

2. Plan the first seven days with a puppy

Know what to prepare without an overwhelming schedule

[ ] 1. Write down the routines provided by the breeder

[ ] 2. Keep feeding, rest and toileting observations simple

[ ] 3. Set reminders only for dates you actually know

[ ] 4. Record questions to ask your veterinarian or qualified trainer

Open this tool online:
https://puppypassport.theknowledgeformula.com/tools/plan-the-first-seven-days-with-a-puppy

3. Create a family puppy care agreement

Make responsibilities clear between people

[ ] 1. List who handles feeding, cleaning and appointments

[ ] 2. Agree on how notes will be shared

[ ] 3. Avoid giving every helper unrestricted record access

[ ] 4. Review the plan together after the first week

Open this tool online:
https://puppypassport.theknowledgeformula.com/tools/create-a-family-puppy-care-agreement

4. Build a calm puppy sleep setup

Prepare a predictable place to rest

[ ] 1. Choose a suitable quiet resting area

[ ] 2. Check the temperature, bedding and access to hazards

[ ] 3. Keep the breeder's known routine nearby

[ ] 4. Ask a qualified professional about persistent distress or sleep concerns

Open this tool online: https://puppypassport.theknowledgeformula.com/tools/build-a-calm-puppy-sleep-setup

5. Prepare a first veterinary visit summary

Bring the puppy's documented history to the appointment

[ ] 1. Export the available breeder handover records

[ ] 2. List dates that still need confirmation

[ ] 3. Record questions about locally appropriate care

[ ] 4. Ask the clinic how updates can be documented accurately

Open this tool online:
https://puppypassport.theknowledgeformula.com/tools/prepare-a-first-veterinary-visit-summary