



INVERTED TRIANGLE METHOD

(20 MINUTE EXAMPLE)

PHYSICAL

60%

EXAMPLE ACTIVITIES:

THINK CARDIO: LONG WALKS OR RUNS,
GOING UP & DOWN STAIRS, FETCH, ETC.

(12 MINUTES)

SOCIAL

20%

EXAMPLE ACTIVITIES:

PETTING OR BRUSHING
PLAYING TUG WITH A HUMAN
TAG PLAY

(4 MINUTES)

MENTAL

15%

EXAMPLE ACTIVITIES:

TRAINING - LEARN A NEW SKILL OR
PRACTICE OLD ONES

(3 MINUTES)

5%

COOL DOWN:

FOOD FILLED TOY (SUCH AS A KONG OR
LICKMAT), PETTING, BRUSHING, OR
TOUCH

(AT LEAST 1 MINUTE)