



**INSTINCT**  
DOG BEHAVIOR & TRAINING



the Leash Reactive Dog course  
**TREAT TOURNAMENT**

## STEP 1: SELECT YOUR TREATS

Using the guide below, select at least two (2) foods from each of the three categories: Low Value, Medium Value, and High Value. You can also add in foods not listed, that are safe and that you know your dog enjoys.



Reward Value	Best For	Examples
<b>LOW</b>	Rewarding cues & behaviors your dog already knows, in comfortable/familiar situations	Kibble; carrots; plain popcorn; crunchy store-bought treats like Milk Bones®, Mother Hubbard's® biscuits, or Charlee Bear® dog treats
<b>MEDIUM</b>	Teaching NEW skills; Rewarding cues & behaviors your dog already knows, in moderately distracting situations	Food rolls such as Happy Howie's Meat Rolls and Natural Balance Dog Food Rolls; freeze dried liver; semi-soft packaged treats like Zuke's Mini Naturals, Bil-Jac liver treats, Wellness brand training treats, etc.
<b>HIGH</b>	Rewarding cues & behaviors your dog already knows, in high distracting situations and situations where your dog may feel fearful or uncomfortable	Plain cooked chicken breast, roast beef, hot dogs, meatballs, mozzarella cheese sticks, cheddar cheese low-sodium deli meats, dried lamb lung or beef lung.

### My Tournament Treats:

- |     |     |     |
|-----|-----|-----|
| #1. | #4. | #7. |
| #2. | #5. | #8. |
| #3. | #6. | #9. |



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## STEP 1: IT'S TOURNAMENT TIME!

Select two lower value foods. Present them to your dog at the same time. Whichever treat your dog eats first is the winner of Round 1.

Continue through the rounds, with the winner of the previous round facing off against a new contender in the next round.



## My Tournament Results *(template to test 6 different treat types):*

