

Before dog coaching with Carolyn

Check the appointment

Keep your confirmation nearby. Check the date, time zone, host, online meeting link or onsite address. If a detail is missing, email cj@justapuptraining.com before the session.

For an online session

Test your camera, microphone and connection. Charge the device and put it on a stable surface. Choose a quiet area where you and your dog have room to move safely. You can start by talking; your dog does not need to perform for the camera.

For an onsite visit

Confirm the town, address, parking and arrival instructions with Carolyn. Secure other pets and clear a comfortable working area. Keep any usual gates or barriers available.

Keep everyday items nearby

Have your usual comfortable walking equipment and, if suitable for your dog, a few small food rewards. Keep water available. Ask before buying new equipment for the appointment.

Tell Carolyn what matters

Write down one or two situations you want help with and what happens just before them. Mention pain, recent health or behavior changes, bite history and handling concerns in advance. Do not provoke a difficult behavior to make a demonstration or recording.

Share files deliberately

Complete the intake worksheet on your own device. Ask Carolyn how to share it. Do not send card details, passwords or unrelated personal records. The preparation page has no upload form.

What I want to ask Carolyn

Your appointment checklist

Use your calendar invitation

Accept the invitation in the calendar app you use. If your email app offers an .ics attachment, import it and check the time zone and reminders. Notification settings depend on your calendar. Contact your host if the invitation is missing or looks wrong.

For an appointment with A.J.

Check the subject, format, time zone and location in your confirmation. Note your goals, experience with the topic and questions. Ask A.J. what equipment or materials to bring.

Payment and cancellation

The full session fee is paid before a booking is confirmed. Cancel at least 48 hours before the scheduled start for a full refund. With less notice, one 30-minute portion of the session rate is deducted from the refund, capped at the amount paid. Check the current appointment terms for the calculation. Contact your host about rescheduling.

What this preparation pack does

These are free blank preparation tools. Downloading them does not reserve a time, confirm payment, create a client account or upload your answers. Use the confirmation from your host or the booking system as the appointment record.

Contacts

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Before I join or leave for the appointment

- ☐ I checked the date and time zone.
- ☐ I accepted the invitation and checked my reminders.
- ☐ I have the meeting link or confirmed address.
- ☐ I wrote down my main question.
- ☐ I checked the preparation instructions and equipment.
- ☐ I know how to contact my host.