



AKC FIT DOG SILVER (Intermediate) TITLE CHECKLIST

Must have a Bronze title to apply

Dog owner name _____ Date Submitted _____

Dog Name _____ Dog Number _____

Directions: Must have a total of at least 10 points from at least 2 categories below.
See the AKC FIT DOG Participant Guide for details regarding the required documentation for each category.

Category	Points
<input type="checkbox"/> A. AKC FIT DOG Course (taught by an AKC Approved FIT DOG Instructor) May only count 1 course not previously submitted	6
<input type="checkbox"/> B. RUNS - complete 2 or more additional organized community runs beyond Bronze. Document with wearable, smart phone, etc. Distance = at least 1 mile.	6
<input type="checkbox"/> C. WALKS AND HIKES (you may choose either an independent or group walk) 1. INDEPENDENT WALKS/HIKES (on your own) Walk 150 minutes per week with dog for 8 additional weeks (2 months) beyond Bronze). Must document. ----- 2. GROUP WALKS/HIKES Complete 2 or more additional group walks (beyond Bronze) (e.g., AKC FIT DOG Club walk) (at least 1 mile per walk).	6
<input type="checkbox"/> D. UNIQUE TO YOU AND YOUR DOG <input type="checkbox"/> Swimming <input type="checkbox"/> Parkour - (IDPKA or ADP) <input type="checkbox"/> Other _____	4
<input type="checkbox"/> E. AKC TITLE - FITNESS RELATED May only count 1 title not previously submitted - includes virtual titles <input type="checkbox"/> AKC Agility/ACT <input type="checkbox"/> NADD Dock diving <input type="checkbox"/> UpDog Disc Dog <input type="checkbox"/> AKC FAST CAT <input type="checkbox"/> AKC CAT <input type="checkbox"/> AKC Lure coursing <input type="checkbox"/> AKC Herding <input type="checkbox"/> NAFA Flyball <input type="checkbox"/> AKC Fetch <input type="checkbox"/> AKC Field Trial or Hunting Test <input type="checkbox"/> AKC Rally/Obedience <input type="checkbox"/> AKC Tracking	4 What title? (OA, CDX, etc) _____
<input type="checkbox"/> F. AKC Parent Club Performance Titles May only count 1 title not previously submitted <input type="checkbox"/> Pack Dog <input type="checkbox"/> Sledding <input type="checkbox"/> Coaching <input type="checkbox"/> Carting <input type="checkbox"/> Draft Dog <input type="checkbox"/> Other _____	4 What title? (OA, CDX, etc) _____
For details, see the Participant Guide: https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/	TOTAL <input type="text"/>