



AKC FIT DOG GOLD (Advanced) TITLE CHECKLIST

Must have a Silver title to apply

Dog owner name _____ Date Submitted _____

Dog Name _____ Dog Number _____

Directions: Must have a total of at least 20 points from at least 2 categories below. See the AKC FIT DOG Participant Guide for details regarding the required documentation for each category. FOR GOLD, MUST HAVE AT LEAST ONE (1) AKC TITLE - Category E.

Category	Points
<input type="checkbox"/> A. AKC FIT DOG Course - may only count 1 course (6 weeks of classes)	<input type="checkbox"/> <u>12</u> - Level 3 <input type="checkbox"/> <u>6</u> - Level 2 <input type="checkbox"/> <u>3</u> - Level 1
<input type="checkbox"/> B. RUNS - complete at least 2 additional community runs beyond Silver.	12
<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) past Silver). Must document. ----- 2. GROUP WALKS/HIKES Complete 2 or more additional group walks (beyond Silver) (e.g., AKC FIT DOG Club walk) (at least 1 mile per walk). May take rests.	12
<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 _____	8
<input type="checkbox"/> E. AKC TITLE - FITNESS RELATED - MUST HAVE AT LEAST 1 AKC TITLE May count up to 2 new titles 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 Lists specific title/s (OAJ, UD, etc.) _____	<input type="checkbox"/> 2 1st level title <hr/> <input type="checkbox"/> 4 2nd level title <hr/> <input type="checkbox"/> 8 Advanced level title
<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