
AKC FIT DOG Titles

Participant & Evaluator Guide



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<https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/>

AKC FIT DOG TITLES

Table of Contents

Page

PART I – General Information

Welcome to AKC FIT DOG Titles!	3
Why earn AKC FIT DOG Titles?	3
Safety First!	4
Age of dogs	4
Bitches in season.....	4
Collars, harnesses, leashes	4
Disabilities	5
Handlers	5
Dogs	5
Eligibility	5
Clubs	5
Dogs	5
Fees.....	5
Handlers.....	5
Harnesses (see collars)	5
Leashes (see collars)	5
Liability	5
Locations	5
Paperwork: How to Submit Your Titles.....	6
Registration/ sign-ups	6
Sign-ups at test	6
Special consideration dogs (puppies, seniors, etc.)	6
Submitting results.....	6
Title (requirements for)	6
Treadmill	6
Video documentation.....	6
Walking – more than 1 dog.....	6
Walking – time off for bad weather.....	6
The Titles paperwork.....	7-9

PART II. The Titles

Bronze (FITB) Checklist	10
Silver (FITS) Checklist	11
Gold (FITG) Checklist	12
Categories A-F on Checklists	13-19
Unique to You & Your Dog Chart (Requirements)	20-23
Fitness Related AKC Titles Chart (Requirements)	24-25

PART III. Resources

Sample Apps/Equipment Used by AKC FIT DOG participants	26
AKC Parent Club Titles for AKC FIT DOG.....	27-28

PART I: General Information

Welcome to AKC FIT DOG titles!

The American Kennel Club is committed to improving and maintaining the fitness and health of all dogs and their owners.

AKC FIT DOG titles were designed to provide a structured, individualized fitness plan that you and your dog can do together.

There are 3 levels of AKC fitness titles—Bronze, Silver, and Gold.

There are 6 categories that are in each level. Details for each category appear in Part II.

- F. AKC FIT DOG Course
- G. Runs (community runs such as a Turkey Trot, Spring Scurry, etc.)
- H. Walks and hikes (Independent or Group)
- I. Unique to You and Your Dog (e.g., swimming, Parkour)
- J. AKC title that is fitness related (e.g., FAST CAT, agility)
- K. AKC Parent Club Performance Titles (e.g., pack dog, sledding)

For each of the 3 levels of titles, a minimum number of points must be earned in at least 2 categories for the title to be awarded.

- Bronze – 5 points
- Silver – 10 points
- Gold – 20 points

AKC FIT DOG titles are noncompetitive, and dog owners may choose different activities to earn titles.

YOU MUST EARN EACH OF THE LEVELS. FOR EXAMPLE, TO EARN GOLD, YOU MUST EARN BRONZE AND SILVER. YOU CAN NOT SKIP BRONZE OR SILVER AND GO STRAIGHT TO GOLD.

Why earn AKC FIT DOG titles?

AKC FIT DOG titles can improve the health and fitness of both dogs and their handlers.

Some of the benefits of exercise include improvements in:

- cardiovascular endurance
- muscular endurance, strength, and power
- flexibility
- balance
- body composition

Safety First!

When starting an exercise plan for you and your dog, safety should always come first. Before starting any exercise, make sure that you have your doctor's approval, and that your dog has a veterinarian's approval.

There are options for earning the AKC FIT DOG titles that range from slow, gentle walking, or advanced supervised fitness exercises in a class.

Keeping safety in mind, there are some "special consideration" dogs. These dogs may be:

- Puppies (must be at least 6 months old to earn a title)
- Senior dogs
- Dogs with short legs (e.g., Dachshunds)
- Brachycephalic (flat face such as Bulldog, Pug, Pekingese)
- Toy breeds
- Any dog with physical or health issues with veterinarian approval to walk

Age of dogs

Dogs must be at least 6 months old to earn the Bronze AKC FIT DOG title, the first title in the series of Bronze, Silver, and Gold. The titles must be earned in order.

The handler must abide by any age-related rules for specific activities. For example, in UpDog Disc Dog, the dog must be at least 16 months old to earn the Freestyle title.

Bitches in season

As a courtesy, bitches in season should not be taken to group activities such as fitness classes or activities where other dogs are present. Examples include community runs and hikes. If it is possible, bitches in season may run or walk after the group.

Collars, harnesses, leashes

At AKC FIT DOG activities, dogs may wear slip collars, buckle collars, Martingales, and body harnesses. They may not wear prong collars or e-collars. Muzzles may be worn only in events that permit muzzles. Head collars may be worn unless they are prohibited by a specific activity for safety reasons (e.g., when a dog is running the agility course, the only collars allowed are flat buckle or rolled leather collars). Leashes should be 4 ft. to 6 ft. long and should be made of fabric or leather.

Disabilities

Handlers: Accommodations should be made for handlers with disabilities.

Examples include allowing the handler to use a wheelchair where appropriate, having an assistant for balance, or someone to serve as a guide for a person who is blind.

Dogs: Dogs with disabilities may earn AKC FIT DOG titles as long as they can perform the skills.

Eligibility

Clubs: AKC licensed and member clubs, AKC FIT DOG Clubs, and AKC CGC Evaluators are eligible to hold AKC FIT DOG events such as runs, or group walks/hikes. The title applicant may also participate in a community event (e.g., Shamrock Scurry) as long as it is documented.

Dogs: Dogs who are at least 6 months old are eligible to take earn the Bronze AKC FIT DOG TITLE. Dogs must be registered or enrolled with AKC and have an AKC, PAL, or AKC Canine Partners number when the Title Application is submitted.

Fees (charging for activities)

The amount of the fee charged for holding an activity (such as a community race) is determined by the instructor, evaluator, club, or organization. There is a fee paid to AKC for the processing of the AKC FIT DOG title.

Handlers

The handler for an AKC FIT DOG activity may be the dog owner or the dog owner's designee.

Harnesses (see Collars)

Leashes (see Collars, leashes)

Liability

AKC FIT DOG activities are done at the dog owner/handler's own risk. At any time that a dog or handler is not feeling well or appears to be injured, the activity should stop immediately.

See "Safety" above for recommendations regarding safety.

Locations

For categories A (AKC FIT DOG course), B (Runs), D (Unique to You and Your Dog), E (AKC Fitness-Related titles), and F (AKC Parent Club Performance titles), the instructor, evaluator, club, or organization will determine the location of the activity. The dog owner/handler may determine the location of category C (Walks and Hikes that are independent). In category C, for Group Walks, the planners (such as an AKC FIT DOG Club) will determine the location.

Paperwork – How to Submit Your Titles

Owner: Once the dog has earned the required number of points to earn a title, the dog owner should send to AKC 1) a copy of the AKC FIT DOG Title Application with the fee for the title, 2) the checklist for each of the 6 categories showing the points earned and 3) all of the necessary documentation described in Part II.

The paperwork may be mailed to the address or email address at the top of the title application, or preferably, it may be submitted online to the Title Application Portal (TAP). TAP allows you to submit the paperwork and fee as well as track the progress of the title.

<https://www.apps.akc.org/title-application-portal/>

The forms to submit your title (Title Application, Checklists, etc.) are at:

<https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>

Registration/ sign-ups

For group activities such as community runs or AKC FIT DOG courses, the way in which registrations are handled will be determined by the evaluator, instructor, club, or agency. They may also decide whether to accept preregistrations and sign-ups at the event.

Sign-ups at test (see Registration)

Special Consideration dogs (Puppies, senior dogs, brachycephalic, etc.)

See Safety above.

Submitting results (see Paperwork above)

Titles (requirements for)

See above, “Welcome to AKC FIT DOG titles.” Also see Part II.

Treadmills

Walking on a treadmill does not count as an AKC FIT DOG activity.

Video documentation

All videos for documentation of an activity must be YouTube.

Walking more than 1 dog

The handler may walk more than 1 dog if the dogs are typically walked at the same time. For documentation, the same screenshot may be used for more than one dog that is being walked, or the 31- Day Walk/Run Documentation form may be submitted for each dog. Local leash laws should be followed.

Walking – time off for bad weather, illness, etc.

When there is a necessary break in your days of walking, simply pick up where you left off and count the total days (to total 8 weeks).

The Titles Paperwork

In AKC FIT DOG, there are three titles, Bronze, Silver, and Gold. To earn the titles, participants choose from a menu of 6 categories that are:

- A. AKC FIT DOG Course
- B. Runs (community runs such as a Turkey Trot, Spring Scurry, etc.)
- C. Walks and hikes (Independent or Group)
- D. Unique to You and Your Dog (e.g., swimming, Parkour)
- E. AKC title that is fitness related (e.g., FAST CAT, agility)
- F. AKC Parent Club Performance Titles (e.g., pack dog, sledding)

The categories are the same across the three titles. For each of the 3 levels of titles, a minimum number of points must be earned in at least 2 categories for the title to be awarded.

Bronze (FITB) – 5 points

Silver (FITS) – 10 points

Gold (FITG) – 20 points

Each activity must be documented. The documentation such as an exported screenshot from a walking/fitness app, the 31-Day Documentation Form, or Documentation form signed by an Evaluator or Official must be submitted with the Title Application and Checklist of Activities.

**To apply for a FIT DOG title, send these 3 items to AKC.
See pages 8-9 for more details:**

1. Title Application

2. AKC FIT DOG Checklist

3. Documentation of items on the Checklist—this may be more than 1 page. Details follow.

WHAT YOU NEED TO SEND TO AKC TO APPLY FOR THE TITLE

Here is an example of what you will send to AKC for the title. In this example, the dog owner is applying for the Bronze Title. The forms are at: <https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>

1. The Title Application

TITLE APPLICATION FORM (This is only the top part of the form)




**AKC FIT DOG TITLE
APPLICATION**


 American Kennel Club
Attn: AKC FIT DOG
 8051 Arco Corp Dr/ Ste 100
 Raleigh, NC 27617
 Tel: 919-816-3819 / Fax: 919-816-3905
 Email: FIT DOG@akc.org

To apply for your title, pay online, and track your application progress online, use our Title Application Portal:

<https://www.apps.akc.org/title-application-portal/>

1. Must have either 1) an AKC, 2) Purebred Alternative Listing (PAL) or 3) AKC Canine Partners (CP) number. Both purebred and mixed breed dogs can get a number. The number is used by AKC to attach titles to a dog's record.

2. The AKC FIT DOG Checklist (for Bronze, Silver, or Gold)



**AKC FIT DOG
BRONZE (Novice) TITLE
CHECKLIST**

Dog owner name _____ Date Submitted _____

Dog Name _____ Dog Number _____

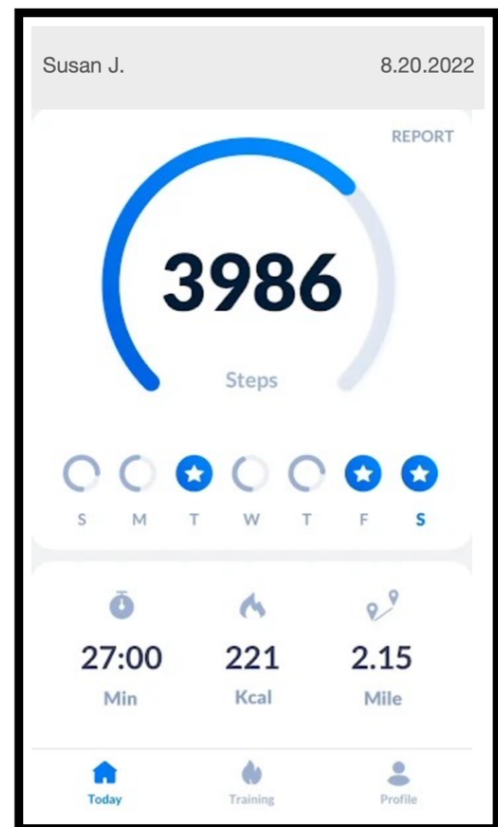
Directions: Must have a total of at least 5 points from at least 2 categories below.
See the AKC FIT DOG Participant Guide for details regarding the required documentation for each category.

Category	Points
☐ A. AKC FIT DOG Course (taught by an AKC Approved FIT DOG Instructor) (6 weeks of classes)	3
☐ B. RUNS - complete at least 1 organized community run. Document with wearable, smart phone, etc. Distance = at least 1 mile (e.g. Turkey Trot)	3
☐ C. WALKS AND HIKES (you may choose either an independent or group walk)	
1. INDEPENDENT WALKS/HIKES (on your own) Walk 75 minutes per week for 8 weeks with dog (document)	3

Con't.

3. Documentation of the Categories on the checklist that were completed.

See the Checklists on page 10-12. As an example, this dog owner completed a 6-week AKC FIT DOG Course (category A), and a Community Run (category B). For documentation, the dog owner will submit the certificate for the AKC FIT DOG course, and a screenshot that documents the run. For category C (walks/hikes) screenshots summarizing the data by month or week for walks may be used. The dog owner may also choose to use the 31-Day Walk/Run Documentation form or Documentation form signed by the Evaluator or Organizer instead of the screenshot.



 AKC FIT DOG: Walk/Run Documentation Record Keeping Form (Category C - Walks and Hikes)		
Year _____ Handler name _____		
Dog call name _____ Dog AKC number _____		
Month:	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
(Dates are below)		
1		
2		
3		
4		
5		
6		
7		
8		
9		

 AKC FIT DOG DOCUMENTATION FORM	
I (CGC Evaluator, race official, etc.) attest that _____ Owner/handler name	
and _____ Dog AKC number _____ Dog name _____	
completed the following AKC FIT DOG activities on _____ Date	
I (the CGC Evaluator, race official, etc.) witnessed the activities below:	
☐ RUNS (Community run/walks such as a Turkey Trot, Spring Scurry. Category B on the Checklist).	
Location _____ Distance _____ or Time (hours/minutes) _____	
Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk)	

PART II. The Titles

Bronze Title for AKC FIT DOG

For the Bronze title, 5 points must be earned.



10



AKC FIT DOG BRONZE (Novice) TITLE CHECKLIST

Dog owner name _____ Date Submitted _____

Dog Name _____ Dog Number _____

Directions: Must have a total of at least 5 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
☐ A. AKC FIT DOG Course (taught by an AKC Approved FIT DOG Instructor) (6 weeks of classes)	3
☐ B. RUNS - complete at least 1 organized community run. Document with wearable, smart phone, etc. Distance = at least 1 mile (e.g. Turkey Trot)	3
☐ C. WALKS AND HIKES (you may choose either an independent or group walk) 1. INDEPENDENT WALKS/HIKES (on your own) Walk 75 minutes per week for 8 weeks with dog (document) _____ 2. GROUP WALKS/HIKES Complete 1 or more group walks (e.g., AKC FIT DOG Club walk) (at least 1 mile per walk)	3
☐ D. UNIQUE TO YOU AND YOUR DOG [] Swimming [] Parkour - (IDPKA or ADP) [] Other _____	2
☐ E. AKC TITLE - FITNESS RELATED May only count 1 title - includes virtual titles [] AKC Agility/ACT [] NADD Dock diving [] UpDog Disc Dog [] AKC FAST CAT [] AKC CAT [] AKC Lure coursing [] AKC Herding [] NAFA Flyball [] AKC Fetch [] AKC Field Trial or Hunting Test [] AKC Rally/Obedience [] AKC Tracking	2 What title? (OA, CDX, etc) _____
☐ F. AKC Parent Club Performance Titles May only count 1 title [] Pack Dog [] Sledding [] Coaching [] Carting [] Draft Dog [] Other _____	2 What title? (OA, CDX, etc) _____
For details, see the Participant Guide: https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/	TOTAL

Silver Title for AKC FIT DOG

For the Silver title, 10 points must be earned.



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
☐ A. AKC FIT DOG Course (taught by an AKC Approved FIT DOG Instructor) May only count 1 course not previously submitted	6
☐ B. RUNS - complete 2 or more additional organized community runs beyond Bronze. Document with wearable, smart phone, etc. Distance = at least 1 mile.	6
☐ 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
☐ D. UNIQUE TO YOU AND YOUR DOG ☐ Swimming ☐ Parkour - (IDPKA or ADP) ☐ Other _____	4
☐ E. AKC TITLE - FITNESS RELATED May only count 1 title not previously submitted - includes virtual titles ☐ AKC Agility/ACT ☐ NADD Dock diving ☐ UpDog Disc Dog ☐ AKC FAST CAT ☐ AKC CAT ☐ AKC Lure coursing ☐ AKC Herding ☐ NAFA Flyball ☐ AKC Fetch ☐ AKC Field Trial or Hunting Test ☐ AKC Rally/Obedience ☐ AKC Tracking	4
☐ F. AKC Parent Club Performance Titles May only count 1 title not previously submitted ☐ Pack Dog ☐ Sledding ☐ Coaching ☐ Carting ☐ Draft Dog ☐ Other _____	4
For details, see the Participant Guide: https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/	
TOTAL	

Gold Title for AKC FIT DOG

For the Gold title, 20 points must be earned.



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
☐ A. AKC FIT DOG Course - may only count 1 course (6 weeks of classes)	☐ 12 - Level 3 ☐ 6 - Level 2 ☐ 3 - Level 1
☐ B. RUNS - complete at least 2 additional community runs beyond Silver.	12
☐ 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
☐ D. UNIQUE TO YOU AND YOUR DOG ☐ Swimming ☐ Parkour - (IDPKA or ADP) ☐ Other _____	8
☐ 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 ☐ AKC Agility/ACT ☐ NADD Dock diving ☐ UpDog Disc Dog ☐ AKC FAST CAT ☐ AKC CAT ☐ AKC Lure coursing ☐ AKC Herding ☐ NAFA Flyball ☐ AKC Fetch ☐ AKC Field Trial or Hunting Test ☐ AKC Rally/Obedience ☐ AKC Tracking Lists specific title/s (OAJ, UD, etc.) _____	☐ 2 1st level title ☐ 4 2nd level title ☐ 8 Advanced level title
☐ F. AKC Parent Club Performance Titles May only count 1 title not previously submitted ☐ Pack Dog ☐ Sledding ☐ Coaching ☐ Carting ☐ Draft Dog ☐ 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

CATEGORIES A-F ON CHECKLISTS

A. AKC FIT DOG COURSE

Bronze – 3 points

Silver – 6 points

Gold – Level 1 = 3 points, Level 2 = 6 points, Level 3 = 12 points

The dog owner must complete at least Level 1 of the AKC FIT DOG course for Bronze. The course offers 6 fitness lessons.

The course is taught by an Approved AKC FIT Instructor who has taken the training and passed the tests through AKC Canine College. There are 3 levels of AKC FIT DOG courses; they are Levels 1, 2, and 3.

An AKC FIT DOG Instructor receives templates to create certificates to give to students when they graduate from the course.

DOCUMENTATION OPTIONS

- To document the completion of the course, the dog owner will send AKC a copy of the certificate issued by the Approved AKC FIT DOG Instructor.
- There are certificates for Levels 1, 2, and 3 of the AKC FIT DOG courses.

You may only submit a course (Level 1, 2, or 3) one time (Bronze, Silver, or Gold).

For example, if you submitted the Level 1 course for Bronze, you may not submit it again for Silver.



B. RUNS

Bronze – 3 points
Silver – 6 points
Gold – 12 points

The handler and dog complete at least 1 organized run in the community for Bronze. After Bronze, there must be 2 more runs for Silver, and 2 runs after Silver for Gold. This is a total of 5 runs from Bronze to Gold.

An example of a run is a 1-mile walk/run put on by a Parks & Recreation department. Walk/fun runs often have names such as Spring Scurry, Jingle Bell Run, etc.

The minimum distance is 1 mile for Bronze, Silver, and Gold. Remember to keep your dog safe, and if necessary, take breaks during the walk/run.

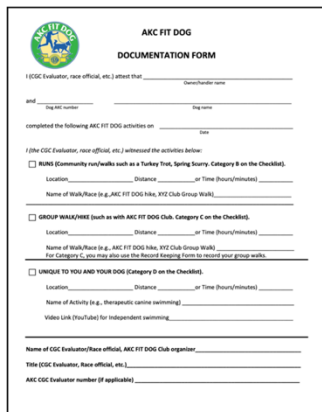
YOU MAY ALSO COUNT VIRTUAL RACES (e.g., virtualpaceseries.com, virtualstrides.com, goneforarun.com or google “virtual races”). These must be documented with a screenshot or the 31-Day Walk/Run Documentation form. On the form, fill out only the days you completed the race.

DOCUMENTATION OPTIONS

The data from the options below will be exported (or photos of screen) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- Documentation Form (downloadable) signed by a CGC Evaluator or a race official who was present, or the 31-Day Documentation form.
- **A photo of a race medal is not sufficient documentation.**

IF YOU USE A SCREENSHOT, PLEASE PROVIDE THE NAME OF THE RUN ALSO (e.g., “Raleigh Jingle Bell Run”).



AKC FIT DOG DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____ (Dog handler name) and _____ (Dog name) completed the following AKC FIT DOG activities on _____ (Date).

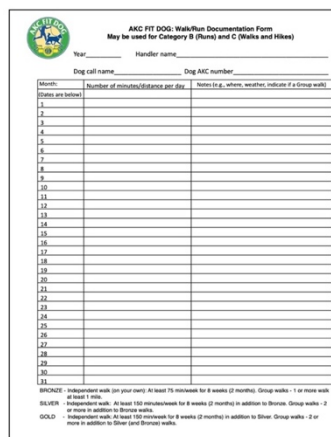
I (the CGC Evaluator, race official, etc.) witnessed the activities below:

☐ **RUNS** (Community run/walks such as a Turkey Trot, Spring Scurry, Category B on the Checklist).
Location: _____ Distance: _____ on Time (hours/minutes) _____
Name of Walk/Run (e.g., AKC FIT DOG Hike, XYZ Club Group Walk): _____

☐ **GROUP WALKS/RISES** (such as with AKC FIT DOG Club, Category C on the Checklist).
Location: _____ Distance: _____ on Time (hours/minutes) _____
Name of Walk/Run (e.g., AKC FIT DOG Hike, XYZ Club Group Walk): _____
For Category C, you also please use the Record Keeping Form to record your group walks.

☐ **UNIQUE TO YOU AND YOUR DOG** (Category D on the Checklist).
Location: _____ Distance: _____ on Time (hours/minutes) _____
Name of Activity (e.g., Therapeutic canine swimming): _____
Video Link (YouTube) for independent swimming: _____

Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer: _____
Title (CGC Evaluator, Race official, etc.): _____
AKC CGC Evaluator number (if applicable): _____



AKC FIT DOG Walk/Run Documentation Form
May be used for Category B (Runs) and C (Walks and Rises)

Year: _____ Handler name: _____
Dog call name: _____ Dog AKC number: _____

Month	Number of activities/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
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29		
30		
31		

BRONZE: Independent walk (on your own): At least 75 minutes for 8 weeks (2 months). Group walks: 1 or more walks at least 1 mile.

SILVER: Independent walk: At least 100 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks: 2 or more walks at least 1.5 miles.

GOLD: Independent walk: At least 100 minutes/week for 8 weeks (2 months) in addition to Silver. Group walks: 2 or more walks at least 1.5 miles (in addition to Silver and Bronze walks).

C. WALKS AND HIKES

Bronze – 3 points
Silver – 6 points
Gold – 12 points

In Category C, you may choose either **C.1 Independent Walks/Hikes** or **C.2 Group Walks/Hikes**, not both.

C-1. Independent Walks/Hikes. These are walks/hikes you do on your own.

- For the Bronze title, you and your dog must walk at least 75 minutes per week for at least 8 weeks (2 months).

For Silver, you and your dog must walk at least 150 minutes per week for an additional 8 weeks beyond Bronze (2 more months). The total for Silver is 16 weeks (4 months) with 8 weeks of Bronze and 8 additional weeks for Silver.

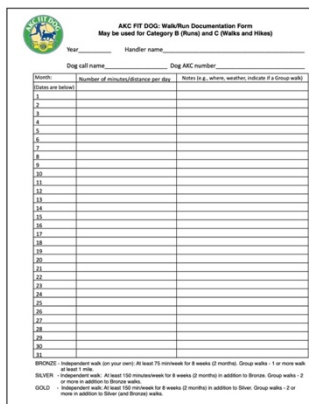
For Gold, you and your dog must walk at least 150 minutes per week for an additional 8 weeks beyond Silver (2 more months). The total walking from Bronze to Gold is 24 weeks or 6 months.

DOCUMENTATION OPTIONS

The data from the options below will be exported (or photos of screen) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- If you do not have access to a device or app that allows you to total data by weeks or months, you may use the 31-Day Documentation Form below (downloadable on the AKC FIT DOG page at: <https://www.akc.org/sports/akc-family-dog-program/akc-fit-dog/akc-fit-dog-titles/>)

IF YOU USE A SCREENSHOT, PLEASE PROVIDE THE NAME/PLACE OF THE WALK OR HIKE ALSO (e.g., “Walk at Tom Jones Park”).



AKC FIT DOG Walk/Run Documentation Form
May be used for Category B (Runs) and C (Walks and Hikes)

Year: _____ Handler name: _____ Dog call name: _____ Dog AKC number: _____

Weeks	Number of minutes/distance per day	Notes (e.g., where, weather, include if a Group walk)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

BRONZE - Independent walk (on your own) At least 75 minutes for 8 weeks (2 months). Group walks - 1 or more walks at least 1 mile.
SILVER - Independent walk At least 150 minutes for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
GOLD - Independent walk At least 150 minutes for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver and Bronze walks.

C-2. Group Walks/Hikes. These are walks/hikes you do with a group, such as with an AKC FIT DOG Club.

- For the Bronze title, you and your dog must complete **at least 1 or more group walks** with an organized group such as an AKC FIT DOG Club. The walk/hike should be at least 1 mile. May take rests.

For **Silver**, you and your dog must complete 2 more group walks (1 mile each) beyond Bronze. For **Gold**, you and your dog must complete 2 more group walks (1 mile each) beyond Silver. So from Bronze to Gold, there are a total of 5 Group walks.

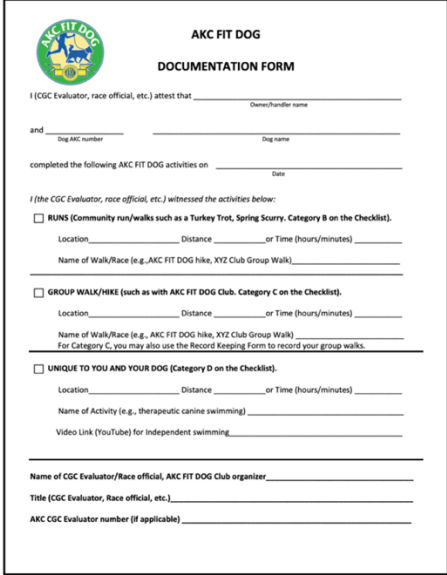
- Special needs dogs such as seniors, dogs with short legs (e.g., Dachshunds), Brachycephalic dogs (flat face such as Bulldog, Pug, Pekingese), Toy breeds, and any dog with physical or health issues with veterinarian approval to walk may walk **30 minutes with breaks rather than 1 mile**.

DOCUMENTATION OPTIONS

The data from the options below will be exported (or photos of screen) and sent to AKC.

- Human wearable such as a Fitbit
- Smart phone (e.g., iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)
- Documentation Form (downloadable) signed by a CGC Evaluator or a race official who was present. You may also choose to use the 31-day Walk/Run Documentation Form as an option.

IF YOU USE A SCREENSHOT, PLEASE PROVIDE THE NAME/PLACE OF THE WALK OR HIKE ALSO (e.g., “FIT Club hike at Lake Ella Woods”).



AKC FIT DOG
DOCUMENTATION FORM

I (CGC Evaluator, race official, etc.) attest that _____
Owner/handler name

and _____
Dog AKC number _____ Dog name _____

completed the following AKC FIT DOG activities on _____
Date

I (the CGC Evaluator, race official, etc.) witnessed the activities below:

☐ **RUNS** (Community run/walks such as a Turkey Trot, Spring Scurry, Category B on the Checklist).
Location _____ Distance _____ or Time (hours/minutes) _____
Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____

☐ **GROUP WALK/HIKE** (such as with AKC FIT DOG Club, Category C on the Checklist).
Location _____ Distance _____ or Time (hours/minutes) _____
Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____
For Category C, you may also use the Record Keeping Form to record your group walks.

☐ **UNIQUE TO YOU AND YOUR DOG** (Category D on the Checklist).
Location _____ Distance _____ or Time (hours/minutes) _____
Name of Activity (e.g., therapeutic canine swimming) _____
Video Link (YouTube) for independent swimming _____

Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer _____
Title (CGC Evaluator, Race official, etc.) _____
AKC CGC Evaluator number (if applicable) _____



AKC FIT DOG: Walk/Run Documentation Form
May be used for Category B (Runs) and C (Walks and Hikes)

Year _____ Handler name _____
Dog call name _____ Dog AKC number _____

Month: (Dates are below)	Number of minutes/distance per day	Notes (e.g., where, weather, indicate if a Group walk)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

BRONZE - Independent walk (on your own): At least 75 minutes/week for 8 weeks (2 months). Group walks - 1 or more walk at least 1 mile.
SILVER - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Bronze. Group walks - 2 or more in addition to Bronze walks.
GOLD - Independent walk: At least 150 minutes/week for 8 weeks (2 months) in addition to Silver. Group walks - 2 or more in addition to Silver (and Bronze) walks.

D. UNIQUE TO YOU AND YOUR DOG

Bronze – 2 points

Silver – 4 points

Gold – 8 points

In Category D, you may choose between a variety of activities. You may only count one activity from this category.

See the “Unique to You and Your Dog” chart on pages 20-23. The chart will provide distances and methods of documentation. In cases where a form with an official’s or therapist’s signature (e.g., therapeutic swimming) is required, the form below may be used.

Video Documentation - All videos for documentation of an activity must be YouTube

	AKC FIT DOG DOCUMENTATION FORM
I (CGC Evaluator, race official, etc.) attest that _____ Owner/handler name	
and _____	_____
Dog AKC number	Dog name
completed the following AKC FIT DOG activities on _____ Date	
<i>I (the CGC Evaluator, race official, etc.) witnessed the activities below:</i>	
☐ RUNS (Community run/walks such as a Turkey Trot, Spring Scurry. Category B on the Checklist).	
Location _____	Distance _____ or Time (hours/minutes) _____
Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____	
☐ GROUP WALK/HIKE (such as with AKC FIT DOG Club. Category C on the Checklist).	
Location _____	Distance _____ or Time (hours/minutes) _____
Name of Walk/Race (e.g., AKC FIT DOG hike, XYZ Club Group Walk) _____	
For Category C, you may also use the Record Keeping Form to record your group walks.	
☐ UNIQUE TO YOU AND YOUR DOG (Category D on the Checklist).	
Location _____	Distance _____ or Time (hours/minutes) _____
Name of Activity (e.g., therapeutic canine swimming) _____	
Video Link (YouTube) for Independent swimming _____	
Name of CGC Evaluator/Race official, AKC FIT DOG Club organizer _____	
Title (CGC Evaluator, Race official, etc.) _____	
AKC CGC Evaluator number (if applicable) _____	

E. AKC TITLE - FITNESS RELATED

Bronze – 2 points

Silver – 4 points

Gold – Level 1 = 2 points, Level 2 = 4 points, Level 3 = 8 points

In Category E, you may choose novice (or above) level fitness titles. You may only count one title from this category for Bronze and Silver, and up to two titles for Gold.

See the chart on pages 24-25 for Fitness Related AKC Titles.

DOCUMENTATION OPTIONS

- A copy of the AKC title certificate is needed for documentation. (A cell phone photo is acceptable). If you do not have a copy of your certificate, AKC can verify that the dog has the title when your Title Application is submitted.

For additional details on any of these titles beyond the information listed on the chart on pages 24-25, go to akc.org and type the name of the title in the search box.

Grandfathering AKC Titles

E. AKC TITLE - FITNESS RELATED

F. AKC PARENT CLUB PERFORMANCE TITLES

Titles previously earned for categories E and F will be grandfathered. This means that if your dog earned a title before the AKC FIT DOG titles began, you may count it.

Each title may only be counted one time toward an AKC FIT DOG title. For example, if your dog earned the Novice Agility title before AKC FIT DOG titles began, you may count it. If it was used for the Bronze AKC FIT DOG title, the Novice Agility title may not be submitted again for Silver or Gold.

F. AKC PARENT CLUB PERFORMANCE TITLES

Bronze – 2 points

Silver – 4 points

Gold – 4 points

Approved AKC Parent Club Performance Titles allow breeds to be acknowledged for successfully performing the functions for which they were developed. These titles are breed specific. The titles listed in the back of this Guide are in the Approved AKC Parent Club Performance Events Title Recognition Program.

In Category F, you may only count one activity from this category.

Each AKC Parent Club Performance title may only be submitted once for an AKC FIT DOG Title. For example, if you submitted a Sled Dog Excellent (SDX) title for AKC FIT DOG Silver, you may not submit it again for Gold.

DOCUMENTATION OPTIONS

- A copy of the AKC Parent Club Performance title certificate is needed for documentation. A cell phone photo is acceptable. If you do not have a copy of your certificate, AKC can verify that the dog has the title when your Title Application is submitted.

Category D. UNIQUE TO YOU AND YOUR DOG Chart

Bronze, Silver and Gold

The Unique to You & Your Dog categories below show the distances required at each of the levels of AKC FIT DOG.

All videos for documentation of an activity must be YouTube

	BRONZE FIT DOG	SILVER FIT DOG	GOLD FIT DOG
BACKPACKING (Packing)	1/2 mile, one time per week for 4 weeks. Dog may rest. Light pack - bowl, leash, etc.	1 mile, one time per week for 4 weeks. Dog may rest. 5% of dog's weight in pack. Less weight for special case dogs (older, etc.)	2 miles, one time per week for 4 weeks. Dog may rest. 10% of dog's weight in pack. Less weight for special case dogs (pack items can include First Aid kit, food, water bottle).
BIATHALON (USA Canine Biathlon) Has a pet division	Proof of participation required	Proof of participation required	Proof of participation required
BIKING	1/2 mile (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Total = 4 times	1 mile (or more - depends on dog). Two times per week for 4 weeks. Dog may rest. Total = 8 times	2 miles (or more - depends on dog). Two times per week for 4 weeks. Dog may rest. Total = 8 times TOTAL for Bronze + Silver + Gold = 20 times
CANICROSS North American Canicross https://nacanicross.com/about-titling-program	Proof of participating in a race	Proof of participating in a race	Proof of participating in a race
CANINE FREESTYLE - WCFO or CFF (also Musical Freestyle)	Proof of participating in a competition, or having a title	Proof of participating in a competition, or having a title	Proof of participating in a competition, or having a title
CARRIAGE DOG/ COACHING	1/2 mile (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Total = 4 times Video proof required or a title	1 mile (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Total = 8 times (4 Bronze, 4 Silver) Video proof required or a title	2 miles (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Total = 12 times (4 Bronze, 4 Silver, 4 Gold) Video proof required or a title
CARTING	Proof of a carting title	Proof of a carting title	Proof of a carting title

Con't.

Con't.

Category D. UNIQUE TO YOU AND YOUR DOG Chart Bronze, Silver and Gold

DOG SCOUTS OF AMERICA (https://dogscouts.org/base/) This is a good activity for most dogs.	A title or merit badge is required. Check with fitdog@akc.org —some merit badges don't count for FIT DOG (e.g., therapy dog, tricks, manners, etc.).	A title or merit badge is required. Check with fitdog@akc.org —some merit badges don't count for FIT DOG (e.g., therapy dog, tricks, manners, etc.).	A title or merit badge is required. Check with fitdog@akc.org —some merit badges don't count for FIT DOG (e.g., therapy dog, tricks, manners, etc.).
DRAFTING There are also AKC Parent Club drafting titles.	Proof of a drafting title (in addition to those on AKC Parent Club title list).	Proof of a drafting title (in addition to those on the AKC Parent Club title list).	Proof of a drafting title (in addition to those on the AKC Parent Club title list).
HIKING on trails	Counted in Category C on Checklist (Independent or Group Walks/Hikes)	Counted in Category C on Checklist (Independent or Group Walks/Hikes)	Counted in Category C on Checklist (Independent or Group Walks/Hikes)
HORSEBACK (dog runs at side)	1/2 mile (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Total = 4 times Video proof required	1 mile (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Total = 8 times (4 Bronze, 4 Silver) Video proof required	2 miles (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Total - 12 times (4 Bronze, 4 Silver, 4 Gold) Video proof required
HUNTING (dog hunts with handler)	Video proof required (1 minute of dog hunting)	Video proof required (1 minute of dog hunting)	Video proof required (1 minute of dog hunting)
HUNT TESTS (proof of passing a hunt test required)	Junior Hunter	Senior Hunter	Master Hunter
MUSHING ISDRA: http://www.isdra.org SNOW: Skijor, Sled, Fat tire, Bikejor DRYLAND: Rig (cart), Scooter, Biker, Canicross	Complete one race	Complete one race	Complete one race

Con't.

Con't.

Category D. UNIQUE TO YOU AND YOUR DOG Chart Bronze, Silver and Gold

	BRONZE FIT DOG	SILVER FIT DOG	GOLD FIT DOG
MUSICAL FREESTYLE	See Canine Freestyle	See Canine Freestyle	See Canine Freestyle
PARACHUTING (Dog chuting, dog resistance chute)	100 ft. 3 times/session 1 x week for 4 weeks Video proof showing dog running 100 ft.	200 ft. 3 times/session 1 x week for 4 weeks Video proof showing dog running 200 ft.	300 ft. 3 times/session 1 X week for 4 weeks Video proof showing dog running 300 ft.
PARKOUR 1. (IDPKA) https://www.dogparkour.org/dog-parkour-titles ----- 2. (ADP) https://www.alldogsparkour.com/about	All Parkour titles may be grandfathered (from the past) Novice ----- Level 1	 Intermediate ----- Level 2	 Expert, Championship ----- Level 3
RODEO DOG https://rodeodog.weebly.com/ (there is a virtual option)	Proof of a title	Proof of a title	Proof of a title
SCOOTER	see Skating	see Skating	see Skating
SEARCH & RESCUE https://www.akc.org/sports/title-recognition-program/search-and-rescue/	FEMA certified Urban Search & Rescue dogs, as well as Wilderness SAR (W-SAR) dogs. Must have FEMA or SUSAR certificate.	FEMA certified Urban Search & Rescue dogs, as well as Wilderness SAR (W-SAR) dogs. Must have FEMA or SUSAR certificate.	FEMA certified Urban Search & Rescue dogs, as well as Wilderness SAR (W-SAR) dogs. Must have FEMA or SUSAR certificate.
SKATING (includes scooter, skateboard, roller blades, onewheel) (dog runs at side)	1/4 mile (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Video proof taken by helper (15 seconds).	1/2 mile (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Video proof taken by helper (15 seconds).	1 mile (or more - depends on dog). One time per week for 4 weeks. Dog may rest. Video proof taken by helper (15 seconds).
SKIING (cross country) (dog runs at side)	1/4 mile (or more - depends on dog). One time per week for 4 weeks. Dog/handler may rest. Video proof required (15 seconds).	1/2 mile (or more - depends on dog). One time per week for 4 weeks. Dog/handler may rest. Video proof required (15 seconds).	1 mile (or more - depends on dog). One time per week for 4 weeks. Dog/handler may rest. Video proof required (15 seconds).

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Category D. UNIQUE TO YOU AND YOUR DOG Chart Bronze, Silver and Gold

SWIMMING - Independent swimming in a pool, lake, pond. Dog may wear a life vest.	5 minutes, 2 days per week for 2 weeks, or 1 time per week for 4 weeks (total of 4 sessions). May fetch objects thrown in water, and may rest. Video proof required (15 seconds total) or Documentation Form signed by CGC Evaluator who was present.	For Silver- 5 minutes, 2 days per week for 2 weeks or 1 time per week for 4 weeks done during Silver (total of 4 sessions during Silver). May fetch objects thrown in water, and may rest. Video proof required (15 seconds total) or Documentation form signed by CGC Evaluator who was present.	For Gold - 10 minutes, 2 days per week for 2 weeks, or 1 time per week for 4 weeks done during Gold (total of 4 sessions during Gold). May fetch objects thrown in water, and may rest. Video proof required (15 seconds total) or Documentation Form signed by CGC Evaluator who was present.
SWIMMING - Therapeutic (with therapist, asst., vet, etc.) Dog may wear a life vest.	5 minutes 1 time per week for 2 weeks. Total of 2 sessions with a therapist. Require documentation form signed by the therapist.	5 minutes 1one time per week for 3 weeks. Total of 3 sessions with a therapist. Require documentation form signed by the therapist.	10 minutes 1 time per week for 3 weeks. Total of 3 sessions with a therapist. Require documentation form signed by the therapist.
TREIBALL https:// www.nationaltreibball.c om/ Live and Virtual This is a good activity for most dogs.	Pre-novice title Novice Must have a title.	Intermediate Must have a title.	Advanced Expert Must have a title.
WORKING CERTIFICATES These are certificates/ titles/hunt tests not listed in the parent club list at the end of the Guide.	WC	WC	WCX

-end-

Contact AKC FIT DOG (fitdog@akc.org) about breed specific activities
(e.g., mantrailing for Bloodhounds, water tests for Portuguese Water Dogs).

FITNESS RELATED AKC TITLES Chart

The AKC titles below show the level of AKC FIT DOG for which the maximum points can be earned. For example, in Rally, RAE and RE would earn 8 points in Gold. Rally Novice (RN) is listed in Bronze, but it may also be used as the required AKC fitness related title (Category E) for Gold, but it would only count as 2 points. Another example: the Fast Cat DCAT is listed as Silver, but it could be used as the required AKC title for Gold - it would be 4 points for Gold. See the checklists for points.

	BRONZE FIT DOG	SILVER FIT DOG	GOLD FIT DOG
AGILITY https://www.akc.org/sports/agility/	ACT1, ACT1J, NA, NAJ. NAP, NF, NFP, NJP	ACT2, ACT2J, OA, OAJ, OF, OFP, OJP	AJP, AX, AXJ, AXP, MX
COURSING https://www.akc.org/sports/coursing/	CAT CA	CAA	CAX CAX2
DISC DOG https://updogchallenge.com/ https://www.akc.org/sports/title-recognition-program/disc-dog/	DDB, DDBE	DDS, DDSE	DDG, DDGE, DDP, DDPE, DDU, DDUE
DOCK DIVING https://northamericadivingdogs.com/	Distance: DN, DJ DS, DM, DE, DP Air: AN, AJ, AS, AM, AE Hydro Dash: HDN, HDJ, HDS, HDM, HDE	Distance: DNA,DJA, DSA, DMA, DEA Air: ANA, AJA, ASA, AMA, AEA Hydro Dash: HDNA, HDJA, HDSA, HDMA, HDEA	Distance: DNX, DJX, DSX, DMX, DEX Air: ANX, AJX, ASX, AMX, AEX Hydro Dash: HDNX, HDJX, HDSX, HDMX, HDEX

Con't.

Con't.

FITNESS RELATED AKC TITLES Chart

	BRONZE FIT DOG	SILVER FIT DOG	GOLD FIT DOG
EARTHDOG https://www.akc.org/sports/earthdog/	-----	-----	Master Earthdog
FAST CAT https://www.akc.org/sports/coursing/fast-cat/	BCAT	DCAT	FCAT
FLYBALL (NAFA) https://www.flyball.org/	FD	FDX	FDCh, FM, FMX, FMCh, ONYX, FGDCh
HERDING https://www.akc.org/sports/herding/	HT, PT	HS	HI, HX, HXA, HC
LURE COURSING https://www.akc.org/sports/coursing/lure-coursing/	JC	QC SC	MC FC DC LCX
OBEDIENCE https://www.akc.org/sports/obedience/	BN CD, CD-V, PCD VBN, VCD	CDX, PCDX	UD, UDX, PUTD, PUDX
RALLY https://www.akc.org/sports/rally/	Rally Novice (RN)	Rally Intermediate (RI) Rally Advanced (RA)	Rally Advanced Excellent (RAE) Rally Excellent (RE) Rally Master (RM)
TRACKING https://www.akc.org/sports/tracking/	TD	TDU	TDX, VST

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PART III. Resources

1. Sample Apps/Equipment used by AKC FIT DOG participants
 2. AKC Parent Club Titles for AKC FIT DOG
-

1. Sample Apps/Equipment Used by AKC FIT DOG Participants

Many of the AKC FIT DOG participants who have walked to earn the AKC FIT DOG magnet have used human wearables. A small number have used dog collars to document their walks.

If you choose to use an app or device such as a Fitbit to document your walks, make sure you can total the data by week or month. If you can't do this, please use the 31-Day Documentation form.

Equipment

- Human wearable such as a Fitbit
- Smart phone (e.g, iPhone, Samsung Galaxy, etc.)
- Smart watch (e.g., Apple Watch, BodTrack, Spade & Co., etc.)

Human Apps on Smart Phones and Smart Watches

- Pedometer app
- Map My Walk
- Map My Run
- GPS (Garmin)
- Motion X GPS
- Run Keeper
- Health app (on smart phone)
- Geocaching app

Dog collars

- Lync
- Woof Trax (include Walk for a Dog app)

Miscellaneous

- Attend exercise class; instructor leads walks and has an attendance form

2. AKC Parent Club Titles for AKC FIT DOG

AKC Parent Club

Titles

American Bloodhound Club
<http://www.bloodhounds.org>

MT = Man Trailer
 MTI = Man Trailer Intermediate
 MTX = Man Trailer Excellent

Dalmatian Club of America
<http://www.thedca.org>

CC = Coaching Certificate
 RD = Road Dog
 RDX = Road Dog Excellent
 RDCH = Road Dog Champion
 RDXCH = Road Dog Excellent Champion

Nova Scotia Duck Tolling Retriever Club (USA)
<http://www.nsdtrc-usa.org>

WC = Working Certificate
 WCI = Working Certificate Intermediate
 WCX = Working Certificate Excellent

Siberian Husky Club of America
<http://www.shca.org>

SD = Sled Dog
 SDX = Sled Dog Excellent
 SDO = Sled Dog Outstanding

American Bouvier des Flandres Club
<http://www.bouvier.org>

NDD = Novice Draft Dog
 DD = Draft Dog
 NBDD = Novice Brace Draft
 BDD = Brace Draft Dog

Bernese Mountain Dog Club of America
<http://bmdca.org>

Belgian Sheepdog Club of America
 (earn carting titles in BMDC events)
<http://bsca.info>

Briard Club of America
<http://briardclubofamerica.org/bca>

Greater Swiss Mountain Dog Club of America
<http://gsmdca.org>

Mastiff Club of America
<https://themastiffclubofamerica.com/>

Leonberger Club of America
<https://www.leonbergerclubofamerica.com>

St. Bernard Club of America
<http://saintbernardclub.org>

DD = Draft Dog
 TDD = Team Draft Dog

American Rottweiler Club
<http://www.amrottclub.org>

CS = Carting Started
 CI = Carting Intermediate
 CX = Carting Excellent
 CST = Carting Started Team
 CIT = Carting Intermediate Team
 CXT = Carting Excellent Team

Petit Basset Griffon Vendéen Club of America
<http://www.pbgv.org>

PCJH = Parent Club Junior Hunter
 PCSH = Parent Club Senior Hunter
 PCMH = Parent Club Master Hunter

Basset Hound Club of America
www.basset-bhca.org

HH = Hunting Hound
 SHH = Senior Hunting Hound
 MHH = Master Hunting Hound
 MHE = Master Hunting Excellent

Dachshund Club of America
<http://www.dachshundclubofamerica.org>

Petit Basset Griffon Vendéen Club of America
<https://www.pbgv.org/>

Grand Basset Griffon Vendéen Club of America
<https://www.gbgv.net/>

Belgian Sheepdog Club of America
www.bsca.info

FSSS = French Style Started Sheep
 FSIS = French Style Intermediate Sheep
 FSXS = French Style Excellent Sheep

Belgian Tervuren Club of America
www.abtc.org

American Belgian Laekenois Association
www.laeken.club

American Belgian Malinois Club
<http://www.malinoisclub.com/abmc/>

German Shepherd Dog Club of America
<http://www.gsdca.org>

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