

BDSM Training Plan

Use this chart to map out one piece of training at a time.

Training Element	Plan
Training Goal	What are you trying to teach or develop? _____ _____
Desired Behavior / Skill	What exactly should your submissive be able to do? _____ _____
Cue / Command	Command, gesture, time, situation, or other cue, if applicable. _____ _____
What Correct Looks Like	What does successful performance actually look like? _____ _____
Teaching Method	Verbal instruction, demonstration, written steps, guided practice, smaller steps, etc. _____ _____
Practice / Repetition	When and how will you practice it? _____ _____
Reinforcement	How will progress and successful performance be acknowledged? _____ _____
Correction	How will mistakes be corrected while they're still learning? _____ _____
Current Progress	What are they doing well? Where do they still need help? _____ _____ _____
Next Step / Progression	What can be added, combined, refined, or done with less prompting next? _____ _____ _____
Date Introduced: _____ Date Reviewed: _____	

Training Log

Use this log to track progress, spot patterns, and decide what comes next.

Date	Practice / Situation	What Went Well	What Needs Work	Next Step

Training should stay within negotiated consent, limits, and the capabilities of the people involved.