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Thread: [How do you guys find the energy to take your dog out every day?](#)

Dembe Zuma - October 1, 2026, 4:16 pm

I love my dog, but sometimes after a long day I just have zero energy left. Especially when it's cold, raining, or I've already been working all day. I know the walk is important for them, and they always get so excited when it's time to go out. But some days it honestly feels like another task I have to force myself to do.

Do you have a routine that makes it easier?
Do you go at the same time every day?
Or do you just push yourself because you know your dog needs it?

Curious how other dog owners deal with this.

noEsc - October 1, 2026, 4:23 pm

Not sure what your line of work is but generally it's better to do stuff like that before work instead of after. I've always found that certain tasks are better left doing before because of this exact reason.

Scrub - October 1, 2026, 4:29 pm

Generally if you don't have the energy to do the bare minimum which is take them out you don't deserve the animal.

I also don't have dogs for one of the main reasons of I don't have the time or capability to take one out constantly, not fair to the animal.

DemonAsylum - October 1, 2026, 4:59 pm

I suppose I see where you're coming from, but I've never felt that way on any sort of a serious level so can't exactly relate. It may not always be ideal or convenient when you need to take care of them in whatever way, but that's part of the responsibility of taking a dog into your life. Plain and simple. They rely on you for all of these things and that can't be taken lightly to any degree. Try not to focus on how tough or exhausting a day you may have had and rather focus on how lucky you are to come home to a dog that has nothing but love for you after that tough or exhausting day. You won't have them forever. Give them the best life possible and make the most of your time with them.

AntoKUrda - October 2, 2026, 1:52 am

I usually go at roughly the same time every day. It definitely makes it easier because it just becomes part of the routine instead of something I have to decide to do every time.

DemonAsylum - October 2, 2026, 2:15 am

(Oct 2, 2026 01:52 AM)AntoKUrda Wrote: [\[CITE\]](#) I usually go at roughly the same time every day. It definitely makes it easier because it just becomes part of the routine instead of something I have to decide to do every time.

Routines are definitely a great thing to have when it comes to multiple aspects of taking care of your dog. As you mentioned, it can also make it easier on the owner to have them in place. Obviously not everything with your dog can be put into one and there are bound to be exceptions to what you normally have a routine for, but that's not a big deal. If you're taking on the responsibility of having a dog then you should have no problem adapting to whatever is required in order to properly take care of them.

Slumerican ? - October 2, 2026, 6:20 am

This is the reason why I did not get a dog for the last 10 years... too lazy to take them out everyday so i did not get a dog.

DemonAsylum - October 2, 2026, 11:32 am

(Oct 2, 2026 06:20 AM)Slumerican ? Wrote: [\[CITE\]](#) This is the reason why I did not get a dog for the last 10 years... too lazy to take them out everyday so i did not get a dog.

Good on you. I very much respect you being able to make that realization and in turn knowing better than to get a dog. Unfortunately there are people that don't consider all of the responsibilities that come into play with owning one beforehand and the dog ends up suffering in some way for it.

Edward Montana - October 2, 2026, 2:10 pm

It's nice to do this on a beautiful day, but never when it's cold...

DemonAsylum - October 2, 2026, 2:29 pm

(Oct 2, 2026 02:10 PM)Edward Montana Wrote: [\[CITE\]](#) It's nice to do this on a beautiful day, but never when it's cold...

May not be as ideal when it's cold, but you have to do right by your pup! I suppose unless it's so cold that they too have no interest in it lol.

TripleExtension - October 4, 2026, 6:57 pm

It's not a chore. You just do it. Unless you want the dog shitting inside the house. Thats a bigger problem.

Fish - October 13, 2026, 3:03 am

i had a dog, and it was a lot of work taking him out on walks... took up a lot of time, but also got me out of the house...