



Looking for your ideal dog? Take this Energy Compatibility quiz to find out what energy level to look for in your future best friend!

1. Your boss gave you an unexpected day off. You decide to:

- a. Get up early, finish cleaning out the garage, and jump on your mountain bike to test out a new trail.
- b. Spend several hours catch-up time in your home office, then meet a friend for a lakeside stroll and lunch.
- c. Sleep in, spend the afternoon on Facebook, then catch up on your favorite TV shows.
- d. Spend the day lounging in your PJs and catching up on sleep.

2. Your idea of a perfect date night is:

- a. Inviting 10 of your friends over for a gourmet dinner (which you cooked yourself) which gives you the perfect excuse to clean the house.
- b. Cocktails and miniature golf with another couple, followed by a late-night stop for dessert.
- c. Dressing up for dinner out at a romantic restaurant.
- d. Staying home, ordering take-out, and hitting the sack early.

3. Physically speaking, your idea of the perfect job would be:

- a. Touring the country with a running club to rate off-road trails for a travel magazine.
- b. Walking door-to-door for the Census Bureau.
- c. Inspecting recliners for a chair manufacturer
- d. Testing recliners for a chair manufacturer

4. Your next vacation will probably involve:

- a. Skiing, snowboarding, and rock climbing
- b. Sightseeing, walking tours and shopping (reservations required in advance)
- c. Beach lounging, reading, sea-side cocktails
- d. Staying at home, on-line social networking, catching up on sleep

5. Your mother, whom you check in with most days, lives a couple miles away. You:

- a. Use the opportunity to ride your bike or speed walk
- b. Drive or take the bus
- c. Rely on your neighbor, who drives a limo
- d. Call her and talk while you lounge in a recliner

If you answered mostly:

A's

Holy cow! Your two-legged friends can't keep up with you, but a like-minded built-for-athletics canine will be happy to keep you company. ***You need a dog with a VERY HIGH energy level.***

What to look for: A dog who seems to have been launched from a rocket pad. They're most often working dogs or extremely tenacious terriers who love nothing more than to focus on a "job".

B's

You're definitely a mover, and you have lots of choices for an ideal canine companion. ***You need a dog with a HIGH energy level.***

What to look for: A slightly more mellow version of the type A. Rather than purely frenzied, this dog will be intensely friendly and exuberant, and will enjoy just about anything as long as it requires physical activity.

C's

You're the type who likes to chill-out, and there's an adult shelter dog waiting to share your favorite chair. ***You need a dog with a MEDIUM energy level.***

What to look for: a playful, inquisitive, interested and alert dog with nothing to prove.

D's

You're not likely to find a dog with a lower energy level than yours, but don't worry! With time and patience you can find a pal whose favorite past-time is napping. ***You need a dog with a LOW energy level.***

What to look for: A dog who seems indifferent about most things, and who prefers to sit back and observe in between naps. Dogs in their golden years will oftentimes fit this bill.

