

TRAINING & REACTIVITY LOG

Dog's Name:

Date:

Instructions: For best results, fill out this worksheet daily. The more detailed your notes are, the easier it will be to identify patterns in your dog's environment, interactions, and responses. Sometimes it takes many weeks or months to see changes in your dog's behavior, so patience, calmness, and consistency are key. Happy training!

Today I want to work on: *e.g. strengthening recall, stay, polite greetings on-leash*

- 1.
- 2.
- 3.

Environmental Factors: *e.g. illness, traveling, food issues, weather, houseguests, construction, owner stress*

Physical Exercise: *e.g. walk, jog, swim, fetch, tug, play with other dogs*

Type	Duration	Frequency	Notes & Observations

Training & Mental Stimulation: *e.g. clicker training, food puzzles, group class, learning a new trick*

Type	Duration	Frequency	Notes & Observations

Tracking Reactivity:

Tip: *After an encounter, it's helpful to use the "Three W's" to reflect: What went well? What didn't go so well? What could I do differently next time?*

Type of Encounter	Your Dog's Reaction*	Your Reaction**	Notes & Observations

Include both **under-threshold responses—e.g. licking lips, sniffing, freezing, turning head, ear or tail movements, and other stress signals—as well as **over-threshold** responses, e.g. barking, growling, lunging, and biting.*



***How did you handle the situation? Did you take steps to avoid meeting the trigger? Were you able to turn the situation into a training opportunity? If your dog went over threshold, what was your response?*

Number of times you encountered a trigger:

Number of times your dog went over threshold:

REFLECTIONS

Successes	Challenges	Ideas to Carry Forward