

# 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. close observation of my dog's body language, polite greetings on-leash, creating positive associations with trigger, teaching replacement behavior*

- 1.
- 2.
- 3.

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

## 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:**  
*(For a quick overview of progress, you can track these numbers over longer periods of time. Does the ratio increase? Decrease? Do you notice any other patterns?)*

## REFLECTIONS

Successes	Challenges	Ideas to Carry Forward