

TRAINING 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*

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

1. _____
2. _____
3. _____

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



REFLECTIONS

Successes	Challenges	Ideas to Carry Forward