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 we greetings on-leash, creating p	vation of my dog's b rigger, teaching repl	dy language, polite cement behavior Environmental Factors: e.g. illness, traveling, foo issues, weather, houseguests, construction, owner stress		g, food			
1.							
2.							
3.							
Tracking Reacti		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 Rea			Notes & Observations	
*Include both under-threshold responses—e.g. licking lips, sniffing, fro turning head, ear or tail movements, and other stress signals—as a over-threshold responses, e.g. barking, growling, lunging, and			well as trigg	**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 dogwent over threshold, what was your response?			
Number of times you	gger:	Number of t	times you	r dog went over threshold:			
(For a quick overview of pr	rogress, you can track thes				ncrease? Decrease? Do you notice any other	patterns?)	
		REF	FLECTIO	NS			
Successes		Challenges			Ideas to Carry Forward		

 $@\ 2013\ Jenny\ Williams.\ Noncommercial\ use\ only,\ please.\ For\ more\ free\ resources: \underline{www.shouldileashmydog.com}.$