Tracking your dog’s fear or anxiety helps you spot triggers and see what strategies work best. Use the chart to record when, where, and how their fear appears, rate its intensity, and note what helped. Each week, review, reflect, and adjust your approach.

Additional Tips for TAKING NOTES

Time of Day: Some dogs are more fearful or anxious at specific times. Maybe early mornings are peaceful, but afternoons are stressful? Noting specific times when your dog shows fear or anxiety can help you pick the best times for management and training strategies.

Trigger Specifics: Really dive into the details here. What specifically triggers your dog’s reaction (tall men wearing hats while speaking loudly)? And what is the reaction (mild ear perk followed by cowering)? The more precise you are, the better.

What’s Going Smoothly: Maybe you’ve noticed that your dog is settling in their safe space faster lately, or perhaps they’ve started engaging with food puzzles during training? Victories big and small are all worth celebrating and noting down.

Challenging Moments: Did your dog defecate in the house while you were away from home? Or maybe your neighbor set off fireworks in the middle of November? Noting unexpected changes can help you tailor your strategies.

Environmental Changes: Did you change your dog’s feeding routine recently? Have you moved to a new home? Environmental factors can greatly affect your dog’s behavior, so it’s good to keep track of them.

New Approaches: Record how your dog reacts to new elements, whether you’ve offered your dog a different food puzzle, or even adjusted medication. This will help you understand what’s working and what’s not.

Physical Health: Keep an eye on your dog’s overall activity levels and mood, especially for sudden changes that might indicate pain or discomfort. Sharing these observations with your veterinarian adds an extra layer of understanding.

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| Daily log – fill out for each event causing fear or anxiety in your dog |
| WhenDate, time, duration. | SituationDescribe the situation that triggered fear or anxiety.  | ResponsesWhat fear or anxiety responses did you notice?  | RatingHow bad was the fear or anxiety at its peak? (1= mild / 10 = worst) | What HelpedWhat did you try to do to help your dog? What helped the most?  | OtherAnything else noteworthy, including key takeaways or next steps.  |
| *Example:* *4/18/24**3:00 – 3:05pm* | *Example:* *A male teen wearing a hat rode by on a skateboard on the opposite side of the street while we were on a neighborhood leash walk.* | *Example:* *Dog tucked tail tightly and flattened ears, refusing to move. Stayed frozen in place, staring at the skateboarder until out of sight.* | *Example:* *7/10 – High fear response; remained frozen and unresponsive, only able to move once the skateboarder was out of sight. Recovered relatively well afterward.*  | *Example:* *Used “let’s go” with treats to cross to the other side of the street and position behind a parked car for cover. But as the skateboarder approached, dog remained immobile. Only able to resume walking when skateboarder gone.*  | *Example:* *Realized that skateboards are a big trigger. Plan to avoid midday walking routes near the high school for now.*  |
| *4/19/24**10:10 – 10:15am* | *Dog hesitated to walk across the slick wood floor in the hallway. Slipped slightly when attempting to move, which seemed to increase anxiety.* | *Dog froze in the hallway and then began looking around and yawning. Wouldn’t cross the floor.* | *5/10 – Moderate fear response; visibly anxious and unwilling to walk on surface.* | *Tried tossing treats onto the floor to encourage movement but remained hesitant. Eventually used a yoga mat to create a path across the tile, which allowed dog to cross more confidently.* | *Slippery surfaces like wood trigger hesitation. Plan to add more non-slip mats in key areas. Possibly schedule checkup with the vet to rule out any mobility issues.* |

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| Weekly Summary — fill out the end of each week |
| Trends Noticed  | *Example: Consistent high fear response to skateboards during neighborhood walks, especially when males are wearing hats or sunglasses, and moderate anxiety on slick wood floors inside the home.* |
| Biggest Success  | *Example: Successfully used a yoga mat to create a path across the hallway’s slick wood floor, allowing the dog to cross with more confidence. Successfully redirected attention with treats and “find it” cue when encountering a jogger (lower-level trigger), maintaining calm throughout.* |
| Areas Needing Further Attention  | *Example: Persistent “freeze” response when encountering skateboards on walks, even with attempts to increase distance and use treats for redirection.*  |
| Adjustments Planned for Next Week  | *Example: Switch to backyard play for afternoon exercise. Keep walks during quieter times (6:30am and 6:30pm) and avoid routes near the high school to reduce exposure to skateboard traffic.* *Order more non-slip mats or rugs to place in key areas at home to increase comfort on slick surfaces.* |
| Other  | *Example: If adjusting walking times and routes doesn’t ease anxiety, consult the vet about possible pre-walk medication to help manage outdoor triggers. Also ask for a pain check to rule out any underlying discomfort affecting mobility.* |