Behavior & Trigger Log

Look at the whole day, not just the final reaction. Use one sheet per incident or outing.

Dog / handler

Date / time / location

Sleep, exercise, health or routine changes

Before the reaction

What happened earlier today? Include exciting events, frustration, separation, unfamiliar places, visitors, noise, other dogs, and missed rest.

Earlier events and possible contributing factors

The incident

What was the last trigger?

Distance / environment

What did your dog do?

Early body-language signs

What did you do?

Reaction intensity (use your own consistent scale): 0 Calm | 1 Noticed | 2 Tense | 3 Vocal / struggling | 4 Strong reaction | 5 Unable to disengage

Dog: _____ **Date:** _____

Recovery and patterns

How long to settle?

What helped recovery?

Food / engagement afterward

What would you change next time?

Quick event timeline

Time	What happened?	Body language / response	Recovery / notes

What patterns are emerging?

Notes

Trainer note: A reaction does not, by itself, tell you the cause. Record what you saw rather than assuming the dog was fearful, aggressive, stubborn, or excited.