# Behavior & Trigger Log

One event per sheet | Share with your trainer or veterinarian

Record what you observed, including calm encounters. Do not provoke a reaction to fill this out.
Keep everyone safe first. Note estimates as estimates; leave unknown details blank.

**Dog / age**

**Date / time**

**Observer**

**Before the event: sleep, exercise, meals, pain / illness, unusual stress**

**Medication / supplement name, dose as prescribed, time given, recent changes (or none)**

**Setting & possible trigger: what happened just BEFORE? Distance, duration, leash / barrier?**

**What did the dog DO? Body language, movement, sounds. Avoid labels such as "bad".**

Examples: turned away, froze, trembled, hid, barked, lunged. Could the dog eat or respond to you?

**Intensity 0-4 (key below)**

**Reaction duration**

**Time to usual behavior**

0 = relaxed | 1 = notices, responds easily | 2 = tense, harder to engage | 3 = strong reaction
4 = extreme distress / unsafe behavior. Personal tracking scale, not a diagnosis or bite-risk score.

**What did YOU do, what changed next, and what seemed to help or worsen it?**

**Pattern / questions for trainer or vet / safe video filename (optional)**

Bring several entries and your current medication list. Track easier days and improvements too.
Do not change medication from this log alone. Sudden changes or suspected pain warrant a vet call.