Printables

7-day tracker

Week starting: _____ Trigger I am working on: _____

Day	Done	Time spent	Light	Notes
1				
2				
3				
4				
5				
6				
7				

Next week's step: _____

Stress-day checklist

Before

- [ ] Routine kept as normal as possible
- [ ] Walk done early, on a secure harness and lead
- [ ] Safe space ready, with chews and treats
- [ ] High-value treats in my pocket
- [ ] Dierenarts number and spoednummer saved in my phone

During

- [ ] Gave my dog space when it wanted it
- [ ] Treat after each scary moment, if my dog would eat
- [ ] Comfort offered if my dog wanted it
- [ ] No punishment, no forcing
- [ ] Exits blocked if my dog was trying to run

After

- [ ] Calm next day with short walks and rest
- [ ] What happened written in the traffic-light log
- [ ] Next step chosen

Traffic-light log

Write one line each time you notice a trigger or finish a training session.

Date	Situation or trigger	Level (distance, volume or time)	Light	What helped