

Daily Calm Tracking system

Emotional Regulation Log

Session Info

Day: _____

Date: _____

Session: _____

Pre-Departure Reset

- ☐ Brain work Completed
- ☐ Controlled physical movement
- ☐ Calm transition achieved

Calm departure builds calm independence.

Departure Practice

Duration Attempted: _____

Was dog below panic threshold? ☐ Yes ☐ No

If no → Reduce next session duration.

Emotional Stability (1-5)

1. Panic
2. High Stress
3. Mild Tension
4. Mostly Calm
5. Fully Relaxed

Score: ____ / 5

Body Language

- ☐ Lying down
- ☐ Pacing
- ☐ Door staring
- ☐ Relaxed sniffing
- ☐ Panting
- ☐ Settled quickly

Owner Regulation

Did I:

- ☐ Stay neutral
- ☐ Avoid emotional goodbye
- ☐ Avoid rushing
- ☐ Avoid correcting

Owner Calm Score (1-5): ____

Notes

What improved today?

What needs adjustment?

Calm Expansion Ladder

Extend independence through calm progression

Owner Regulation

☐ Stayed calm during exit

☐ Returned neutrally

☐ Did not rush duration

Owner Calm Score (1-5): __

Body Language Observed

☐ Settled quickly

☐ Paced

☐ Door staring

☐ Excessive whining

Dog Relaxation Score (1-5): __

Calm Duration Levels

☐ NO Alone Time

☐ 0.5 Minutes

☐ 1 Minutes

☐ 1.5 Minutes

☐ 2 Minutes

Fill the circle ONLY after
3 calm sessions
(score 4 or 5).

“Continue increasing using the same rule inside the Main Guide.”

Ladder Rules

✓ Increase in +30 sec increments

✓ Stay if score below 4

✓ Level up after 3 calm sessions