

# 7-DAY CALM PROGRESS TRACKER

Track Emotional Stability — Not Just Duration  
Progress is emotional regulation over time

## WEEK OVERVIEW

Record the highest calm duration achieved each day — not the target.

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### Weekly Emotional Trend

Did calm duration increase gradually?

☐ Yes ☐ Slightly ☐ No

Did emotional stability improve?

☐ Yes ☐ Slightly ☐ No

Are departure cues less triggering?

☐ Yes ☐ Slightly ☐ No



### Nervous System Indicators Observed This Week

Calm independence is being built through:

- ☐ Less hyper-following
- ☐ Faster settling after departure
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# Weekly Stability Review

Track emotional stability before increasing duration

## Weekly Metrics

Fill this at the end of each week before increasing duration.

Highest Calm Duration Achieved: \_\_\_\_\_

Average Relaxation Score (1-5): \_\_\_\_\_

Did departure cues trigger stress?    ☐ Yes    ☐ Slightly    ☐ No

Owner Confidence Level (1-10): \_\_\_\_\_

## Observed Improvements

Check all that apply this week.

☐ Less barking

☐ Neutral reaction to departure cues

☐ Faster settling

☐ Calm return behavior

☐ Reduced clinginess

## Confidence Reflection

My dog is becoming more confident because...

Write 1-2 sentences.

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Calm growth is built on repetition, not speed.



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## Emotional Stability & Owner Leadership Review

### Owner Regulation Assessment

☐ Calm departures

☐ Neutral returns

☐ No emotional reassurance

☐ No punishment

☐ Structured repetition

Owner Emotional Consistency (1–10): \_\_\_\_\_

### Stability Score Summary

Highest Calm Duration Achieved:

Biggest Improvement This Week:

Average Stability Score (1–5):

Area That Needs Adjustment:

### Behavioral Progress Reflection

My dog is becoming more emotionally independent because...

### Reinforcement Plan for Next Week

Next week I will focus on:

☐ Slower duration increase

☐ More structured exits

☐ Better pre-departure reset

☐ More consistency

☐ Reduced emotional attachment behaviors

### Final Weekly Evaluation

Calm independence is being built through:

☐ Consistency

☐ Gradual exposure

☐ Predictability

☐ Repetition

☐ Emotional neutrality

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