

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.

Days	Highest Calm Duration	Relaxation Score (1–5)	Panic Triggered?	Notes
Day 1	_____	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
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Day 6	_____	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
Day 7	_____	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____



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
- ☐ Neutral reaction to keys/shoes
- ☐ Reduced vocalization
- ☐ More relaxed body posture
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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.

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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