

Dog's name: _____

Start date: _____

Calm Alone Time

Help your dog feel safe when you step out, one small step at a time.

Most dogs don't learn to be alone in one big leap. They learn in tiny steps that always end before the worry starts. Tick off the setup once, then use the daily list and the log on page 2.

● Set up once

- ☐ Film one ordinary absence on your phone or a pet camera, so you can see what really happens and when
- ☐ Note how long your dog stays relaxed. That time is your starting point, not your goal
- ☐ Arrange cover for longer absences while you practice: a friend, sitter or daycare your dog knows
- ☐ Make a cozy rest spot with a bed, water and a long-lasting chew or food toy

● Every day, 5 to 10 minutes

- ☐ Pick up your keys, shoes or bag, then sit back down. A few times a day, without leaving
- ☐ Practice short departures that end while your dog is still calm
- ☐ Add time in small steps, only after several calm repeats in a row
- ☐ Keep goodbyes and hellos low-key and boring
- ☐ Give a sniffy walk or a play session before longer absences

My goal for this week

Signs to go back a step

Pacing, whining, barking or howling, drooling, scratching at the door, or ignoring a favorite chew. Go back to a shorter time your dog handled well, and build up again from there.

Call your vet if you see

Destruction or injury when left, accidents that happen only when alone, nonstop howling, or new signs in an older dog. Your vet can rule out pain or illness and talk through extra support.

Practice log

Write one line per practice. “Calm” means relaxed for the whole time.

Date	Time away	Calm? Y / N	What I noticed

My notes and wins

Want the full step-by-step plan? **Calm When I’m Gone** covers this in depth, with more printables.

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Quieter Days

Find out why your dog barks, then turn the volume down.

Barking is communication, and the fix depends on the reason. Spend a few days noticing before you change anything. The barking diary on page 2 makes the pattern easy to spot.

● Find the reason (tick the ones you see)

- ☐ Alert: at the window, the door, passing people or dogs
- ☐ Demand: for food, attention, play or to be let out
- ☐ Worry: at new people, sounds or things that seem scary
- ☐ Boredom: long days with not much to do
- ☐ Excitement: during play, before walks or at visitors

● Quick wins to try this week

- ☐ Block the view at the busiest window with a curtain, film or moved furniture
- ☐ Play a radio or white noise to soften street sounds
- ☐ Reward quiet moments before the next bark starts
- ☐ For alert barks, say a calm “thank you,” call your dog away and reward
- ☐ For demand barks, wait for a few seconds of quiet before giving what was asked for
- ☐ Add a daily brain job: a sniff walk, a scatter feed or a food puzzle

My goal for this week

Skip these

Shouting (to your dog it can sound like you're barking too) and devices that punish barking with shock, spray or pain. They can add worry, and worry fuels more barking.

Call your vet if you see

Barking that starts suddenly or changes, barking together with growling or snapping, or barking with signs of pain such as limping or not wanting to be touched.

Barking diary

Fill in a few days. Look for the same time, place or trigger showing up again.

Day / time	Where	What set it off	How long	What helped

My notes and wins

Want the full step-by-step plan? [The Quiet Dog Guide](#) covers this in depth, with more printables.

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Start date: _____

Easier Walks

Less pulling, calmer passing and walks you both enjoy.

Walks get easier when the right things pay off: a loose leash, calm looks at other dogs, and sniff time as a reward. Start on quiet routes, then build up.

● Gear check

- ☐ A harness that fits: two fingers fit under each strap, and it doesn't rub
- ☐ A standard 4 to 6 foot leash for practice (skip retractable leashes for now)
- ☐ A pouch of tiny, soft treats your dog loves
- ☐ ID tag, poop bags, and water on warm days

● Before and during every walk

- ☐ Clip the leash on only when all four paws are on the floor
- ☐ Choose a quieter time and route while you practice
- ☐ Reward a loose leash often at first, every few steps is fine
- ☐ Leash goes tight: stop. Leash goes loose: walk on
- ☐ Use sniff breaks as rewards for walking nicely
- ☐ Spot triggers early, add distance or make a happy U-turn
- ☐ Reward a calm look at another dog from a distance your dog can handle

My goal for this week

Hot pavement check

Hold the back of your hand on the pavement for 7 seconds. If it's too hot for your hand, it's too hot for paws. Walk early, late or on grass.

Call your vet if you see

Lunging that is getting worse, any bite or near-bite, limping or stiffness, or sudden reluctance to walk. A vet or a qualified trainer can help you make a safe plan.

Walk log and trigger list

Write down what sets your dog off and the distance where they can still take a treat.

Date	Route / time	Triggers seen	OK distance	Loose-leash wins

My notes and wins

Want the full step-by-step plan? [Walks Without the Drama](#) covers this in depth, with more printables.

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Happy Coat Care

A 10-minute weekly check and a calmer bath day.

Small, regular grooming beats one big battle. Do the weekly check on the same day each week, keep sessions short, and treat often. Stop while your dog is still relaxed.

● Weekly 10-minute coat check

- ☐ Brush through the whole coat with the right brush for the coat type
- ☐ Part the fur: look for redness, flaky skin, lumps, fleas or ticks
- ☐ Ears: look and sniff. Clean, pale pink and no strong smell is good
- ☐ Eyes: bright and clear, no heavy discharge
- ☐ Teeth and gums: lift the lip and take a look
- ☐ Nails: if they click on hard floors, they're due for a trim
- ☐ Paws: check between the pads for burrs, cuts or sore spots
- ☐ Skin folds (if your dog has them): clean and dry

● Bath day

- ☐ Brush out tangles first. Water tightens mats
- ☐ Put a non-slip mat in the tub or shower
- ☐ Use lukewarm water and a shampoo made for dogs
- ☐ Keep water and soap out of eyes and ears
- ☐ Rinse longer than you think you need to
- ☐ Dry fully, especially thick and double coats
- ☐ Treats all the way through, and a happy ending

My goal for this week

Supply list

Brush for the coat type, comb, nail clippers or grinder, styptic powder, dog shampoo, towels, a vet-approved ear cleaner, and a dog toothbrush with dog toothpaste. Never use human toothpaste on dogs.

Call your vet if you see

Mats close to the skin, red or weepy hot spots, smelly ears or lots of head shaking, new lumps, or a nail that keeps bleeding.

4-week grooming tracker

Tick each box when it's done. Most dogs need a nail trim every 3 to 6 weeks.

Task	Week 1	Week 2	Week 3	Week 4
Brush the whole coat	☐	☐	☐	☐
Skin and coat check	☐	☐	☐	☐
Ears checked	☐	☐	☐	☐
Eyes checked	☐	☐	☐	☐
Teeth brushed	☐	☐	☐	☐
Nails checked / trimmed	☐	☐	☐	☐
Paws checked	☐	☐	☐	☐
Skin folds cleaned	☐	☐	☐	☐
Bath (if needed)	☐	☐	☐	☐
Bed and blankets washed	☐	☐	☐	☐

My notes and wins

Want the full step-by-step plan? [The Happy Coat Handbook](#) covers this in depth, with more printables.

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Puppy Basics

The essentials for your puppy's first weeks at home.

The first weeks are about routine, sleep and lots of small wins. Set up the home once, then follow the daily rhythm. The potty log on page 2 shows your puppy's pattern within a few days.

● Set up once

- ☐ A safe zone with a bed, water and chew toys
- ☐ Puppy-proofing: cords, shoes, socks, small objects, plants and bins out of reach
- ☐ A crate or pen near you for the first nights
- ☐ First vet visit booked, and your nearest emergency clinic saved in your phone
- ☐ ID tag on, and microchip details up to date

● Every day

- ☐ Potty trips after waking, eating, playing and before bed. Young puppies often need one every 1 to 2 hours while awake
- ☐ Praise and reward outside potty right away
- ☐ Clean accidents with an enzyme cleaner (no scolding)
- ☐ Plenty of naps. Puppies often sleep 18 hours or more a day
- ☐ Offer a chew toy before the nibbling starts
- ☐ Two or three 2-minute training games: name, sit, come
- ☐ Gently handle paws, ears and mouth, with a treat

My goal for this week

New things this week

Help your puppy meet new sounds, surfaces, people and places at their own pace, from a distance they're comfortable with. Ask your vet which places are safe before vaccinations are finished.

Call your vet if you see

Vomiting or diarrhea, not eating, unusual tiredness, coughing, or anything that worries you. With young puppies it's always fine to call early.

Potty log

One line per trip. After a few days you'll see when your puppy really needs to go.

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My notes and wins

Want the full step-by-step plan? [The Puppy Survival Guide](#) covers this in depth, with more printables.