PORCHLIGHT DOGS · PRINTABLE PLANNER

Absence Log & Departure Planner

Companion to The Calm Goodbye. Print it, stick it by the door, fill it in after every mission.

How to use this planner

1. Write your dog's comfort time from the filming test at the top of each week.
2. Plan your absences before each mission, mixing shorter and longer ones.
3. Note the first stress sign you saw on camera, if any, and how long into the absence.
4. Give the session a score: **3** relaxed the whole time, **2** mild signs, **1** moderate, **0** stressed.
5. Only increase time after a session that scored 3.

Departure cue practice

Tick each cue every time you practice it without leaving.

Cue	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pick up keys							
Put on shoes							
Coat / jacket							
Grab bag							
Touch the door handle							
Open and close the door							
Step outside 1-5 seconds							
Other:							

Week 1 mission log

Comfort time at the start of this week: _____ Goal for this week: _____

Date	Planned absences	Done (longest relaxed)	First stress sign	Score 0-3	Notes

This week's wins

What I'll change next week

Week 2 mission log

Comfort time at the start of this week: _____ Goal for this week: _____

Date	Planned absences	Done (longest relaxed)	First stress sign	Score 0-3	Notes

This week's wins

What I'll change next week

Week 3 mission log

Comfort time at the start of this week: _____ Goal for this week: _____

Date	Planned absences	Done (longest relaxed)	First stress sign	Score 0-3	Notes

This week's wins

What I'll change next week

Week 4 mission log

Comfort time at the start of this week: _____ Goal for this week: _____

Date	Planned absences	Done (longest relaxed)	First stress sign	Score 0-3	Notes

This week's wins

What I'll change next week

Week 5 mission log

Comfort time at the start of this week: _____ Goal for this week: _____

Date	Planned absences	Done (longest relaxed)	First stress sign	Score 0-3	Notes

This week's wins

What I'll change next week

Week 6 mission log

Comfort time at the start of this week: _____ Goal for this week: _____

Date	Planned absences	Done (longest relaxed)	First stress sign	Score 0-3	Notes

This week's wins

What I'll change next week

Longest relaxed absence: progress chart

Write the longest relaxed absence each week and draw a line. Expect ups, downs, and flat parts.

Week	1	2	3	4	5	6	7	8

Dog sitter card

Dog's name: _____ **My phone:** _____

Please don't leave my dog alone today. If you need to step out, take them with you or call me.

Keep hellos and goodbyes calm. Feeding time: _____ Walk times: _____

Vet: _____ **Emergency vet:** _____

Absence cover plan

Day	Who covers	From - to	Backup	Confirmed?

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