PORCHLIGHT DOGS · PRINTABLE TRACKER

Walk Map & Trigger Tracker

Companion to Across the Street. Plan calm routes, track triggers, and watch the distance shrink.

How to use this tracker

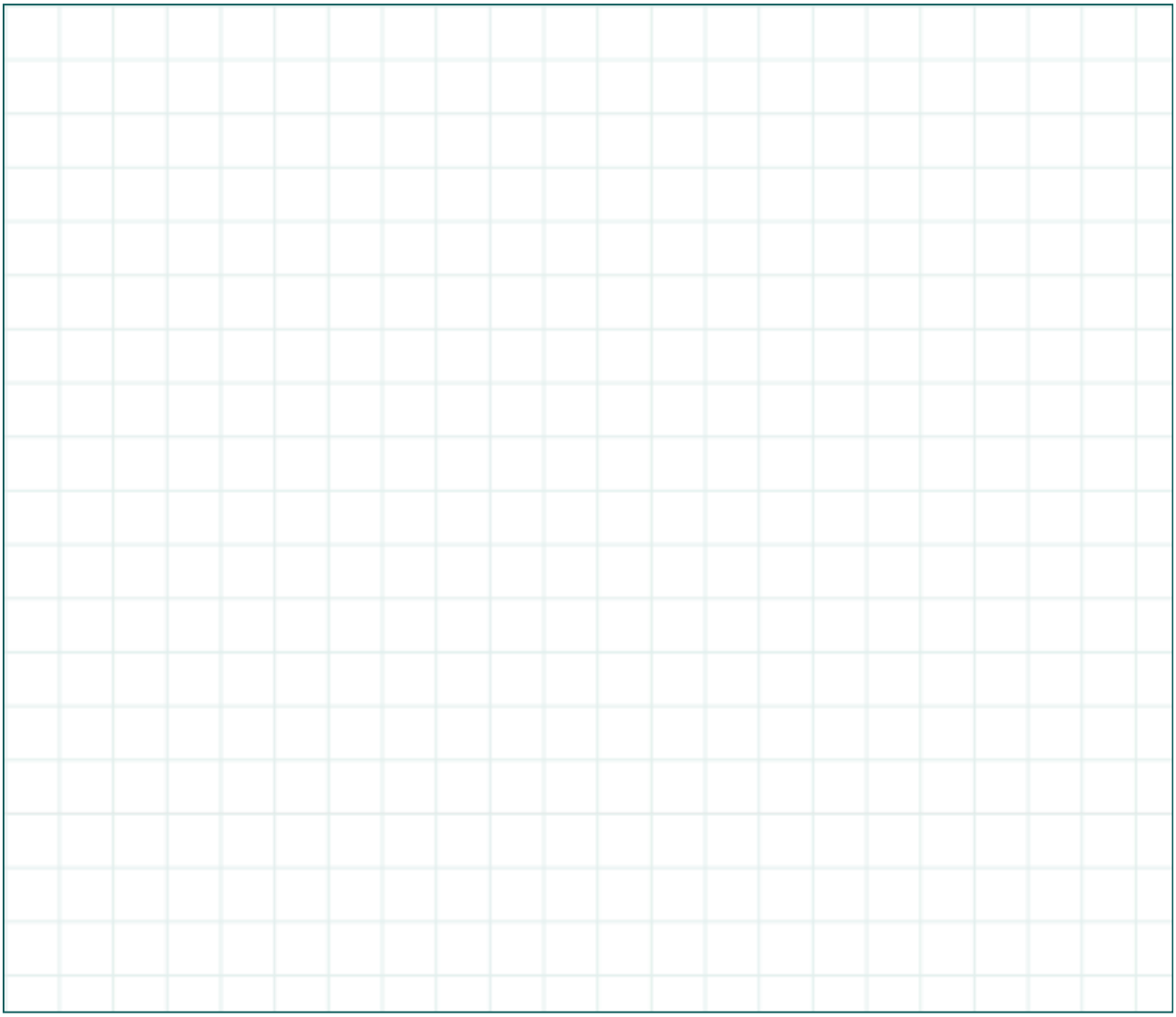
1. Fill in the trigger profile so you know your starting distances.
2. Draw your neighborhood on the map page: mark quiet routes, escape spots, and trouble zones.
3. Log every training walk. Score: **0** big reaction, **1** small reaction, **2** noticed and calm, **3** noticed and checked in.
4. Once a week, update the distance chart.

Trigger profile

Trigger	Comfortable distance (week 1)	Week 4	Week 8	Notes
Small dogs				
Large dogs				
Dogs that stare				
People walking				
Joggers				
Bikes / scooters				
Kids				
Cars / trucks				
Other:				

My walk map

Legend: **G** = quiet green route · **E** = escape spot (driveway, parking lot, side street) · **!** = trouble zone (barking yard, narrow sidewalk, dog park entrance) · **T** = good training spot to watch from far away.



Best walk times in my area

Time	Usually quiet?	Notes

Week 1 walk log

Date / time	Route	Trigger & distance	Score 0-3	Stress in last 24h?	What helped

Week 2 walk log

Date / time	Route	Trigger & distance	Score 0-3	Stress in last 24h?	What helped

Week 3 walk log

Date / time	Route	Trigger & distance	Score 0-3	Stress in last 24h?	What helped

Week 4 walk log

Date / time	Route	Trigger & distance	Score 0-3	Stress in last 24h?	What helped

Distance progress chart

Write your best comfortable distance to your hardest trigger at the end of each week.

Week	1	2	3	4	5	6	7	8

Pocket scripts

For a friendly stranger: "Thanks! He's in training and needs space today."

For an off-leash dog's owner: "Please call your dog! Mine needs space!"

For a neighbor: "We're working on calm walks. If you see us cross the street, it's not personal, we're just practicing!"

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