

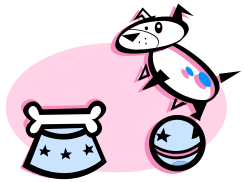
Each page of the checklist corresponds to a particular trigger. For each session that your dog has with his or her triggers, fill out one row of the table.

Date: Write the date of the session. Feel free to include the time if you're detail oriented.

Location: Where did the session take place?

Variable: What variable were you working on with this trigger? If the trigger for this sheet is children, you might put "distance" or "eye contact," "alone," or "at night" as the variable.

Trigger intensity: Distance, duration, volume, or other factors of the variable you are working on. This column will be made of mostly numbers – 50 ft, 5 seconds, etc.



Session Duration: how long were you and the dog working with or near the trigger? 2 minutes? 15? 1 hour?

Oops Episodes: How many times did your dog go 'over the top' and do the behavior you don't like? Barking, lunging, shaking, etc. This column will have a number, from 0 to ??

Dog's Response: Rate the dog's worst response during the session. 0 is for excellent responses, 5 is for the most extreme response you've seen from your dog.

Rate Session: Rate how the session went:

A – We were both fabulous! I wish my mother in law had seen that!
B – The dog or I should have done some things differently, but overall, the plan was good.
C – Acceptable session, but not ideal. A little tweaking is necessary.
D – There was chaos, but I know what went wrong. I need to come up with a new plan.
F – I need to sit down with my trainer and make a completely new plan so that my dog and I can be on the same team with this.



© 2008 Ahimsa Dog Training http://DoggieZen.com (206) 364-4072

Day	Location	Variable	Trigger Intensity	Session Duration	Oops Episodes	Dog's Worst Response	Rate Session
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F
						0 1 2 3 4 5	A B C D F



© 2008 Ahimsa Dog Training http://DoggieZen.com (206) 364-4072