

Dog Car-Ride Practice Log

Car worries are built one easy step at a time: **start where your dog stays relaxed, pair the car with something wonderful, and only move up when the last step is boring.** Drooling and vomiting can be nausea rather than fear, so ask your vet about both.

FILLABLE PDF – TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

DOG'S NAME

BEST TREAT

STARTING STEP

THE STEPS (STAY ON EACH UNTIL IT'S EASY)

- 1

Near the car: treats and play beside the parked car, doors closed.
- 2

Sit inside: in the parked car with you, engine off, a few minutes.
- 3

Engine on: a few minutes in the parked car with the engine running.
- 4

Tiny trip: back out of the driveway and straight back in.
- 5

Around the block, then slowly build toward 20–30 minute drives.
- 6

Every time: a special treat or toy saved only for the car.

STRESS OR NAUSEA? WATCH FOR

Stress

Lip licking, yawning, panting without exercise, whale eye, ears pinned back, tucked tail, shaking.

Nausea

Heavy drooling, whining, pacing, lip smacking, low energy, vomiting. Signs usually stop when the car stops.

PRACTICE LOG

DATE	STEP	MINUTES	CALM 0-5	SIGNS SEEN	NEXT TIME

If your dog shows stress, go back a step and keep sessions short; don't scold whining. Anti-nausea medicine your vet prescribes treats motion sickness, not anxiety, so ask your vet about both if your dog drools or vomits.