

Dog Reactivity Chart

A **threshold** is the point where your dog tips from “aware but coping” into reacting. Below it your dog can still think, eat a treat and learn; above it, nothing sticks. Use the four zones to read your dog, and the log to find and slowly shrink the distance that keeps them calm.

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

DOG'S NAME	MAIN TRIGGERS	DATE STARTED

THE FOUR ZONES

 Green · under threshold	Loose body, soft eyes, takes a treat gently, looks at the trigger and back at you. This is where training happens: stay here.
 Yellow · getting close	Staring, ears forward, mouth closes, slows down or freezes, grabs treats harder. Add distance now, before it climbs.
 Orange · at threshold	Stiff body, hackles up, whining or a low growl, ignores food and cues. Turn and calmly walk away.
 Red · over threshold	Barking, lunging, spinning, can't hear you. No learning happens here. Get out of sight; never punish a reaction.

THE METHOD, IN FOUR STEPS

- 1 Find the green distance:** the closest point where your dog notices the trigger and stays calm.
- 2 Pair the trigger with food:** trigger appears, treats flow; trigger leaves, treats stop.
- 3 Shrink the distance slowly,** over days and weeks, never in one session.
- 4 Watch for stacking:** a tired, sore or already-stressed dog reacts sooner. Short, easy sessions win.

DISTANCE LOG

DATE	TRIGGER	DISTANCE	ZONE

When to get help: if reactions are getting worse, start suddenly, or include a bite or a near-bite, see your vet first (pain can drive reactivity), then a certified behavior professional.

THE FULL VERSION: [REACTIVE DOG TRAINING TOOLKIT](#) · ON ETSY: [NEWDOGCO.ETSY.COM](#)

Sources: AVSAB Position Statement on Humane Dog Training (2021); ASPCA; Fear Free. Reward-based methods only.