

Reactive Dog Trigger Log

One page that turns "my dog is unpredictable" into a plan. Log each trigger — what, how close, how your dog reacted, how long to recover — and the pattern that drives your training reveals itself.

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

DOG'S NAME

WEEK OF

TRIGGER LOG

DATE / TIME	TRIGGER (WHAT & WHERE)	DISTANCE	UNDER THRESHOLD?	DOG'S RESPONSE	RECOVERY TIME

Why log it? Reactivity looks random until it's written down. After a week or two the pattern jumps out — which triggers, at what distance, on which days — and **that** is your training plan. Stay far enough away that your dog can still take food and think ("under threshold"); every calm rep counts.

QUICK KEY

- ☐ **Under threshold**
noticed it, stayed calm, took food
- ☐ **Distance**
how many steps/meters away

- ☐ **Over threshold**
barked, lunged, couldn't eat or listen
- ☐ **Recovery**
how long to settle afterward