

Rescue Dog Decompression Tracker (3-3-3)

The 3-3-3 guideline maps the early stretch with a new rescue: roughly 3 days overwhelmed, 3 weeks settling in, 3 months feeling at home. Keep the world small and calm, and log the small changes below.

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

DOG'S NAME

GOTCHA DATE

FIRST 3 DAYS — OVERWHELMED

- | | |
|--|---|
| ☐ Keep the world small
one quiet room | ☐ Skip visitors and big outings |
| ☐ Offer food and water, don't force it | ☐ Let them hide, sleep, and decompress |

FIRST 3 WEEKS — SETTLING IN

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|--|--|
| ☐ Settle into a predictable daily routine | ☐ Learn their signals
space, food, fear |
| ☐ Start short, calm walks | ☐ Watch a personality start to show |

FIRST 3 MONTHS — FEELING AT HOME

- | | |
|--|--|
| ☐ Build trust and a steady bond | ☐ Introduce new places slowly |
| ☐ Reinforce the house routines | ☐ Loop in a trainer
for big worries |

DAILY LOG

DAY/DATE	EATING	SLEEPING	POTTY	MOOD	WINS/WORRIES

Tip: 3-3-3 is a guide, not a deadline — some dogs move faster, some slower. Go at your dog's pace, and call your vet or a trainer for anything that worries you.