

01

Fill in a row while it's fresh — even a rough guess at distance is more useful than nothing.

02

Note what actually happened, not what you wish had happened. There's no wrong entry here.

03

After 10–14 entries, review the sheet together. Distance and recovery time usually tell the clearest story.

Trigger examples: dog, stranger, cyclist, jogger, noise. **Distance**: your best estimate in metres/feet at first notice. **Reaction**: e.g. alert only, barked, lunged, froze. **Recovery time**: how long until your dog was relaxed again.