Unwoofled threshold log: walks

One line per training session. Start a little farther away than the distance where your dog first notices the trigger and stays calm. Change only one thing at a time: distance, or what the trigger is doing.

Reaction score

0 notices and looks away | 1 stares, still takes food | 2 stiff or whining, slow to take food | 3 barks or lunges, recovers within 30 s | 4 sustained reaction | 5 cannot recover, redirects, or contact

Recovery: under 10 s | under 30 s | under 2 min | over 2 min

Date	Trigger (dog, bike...)	Distance (m or ft)	Still or moving? How many?	Reaction 0-5	Recovery time	I moved away?	Notes (food, what helped)

Safety first.

If your dog has bitten a person or dog (skin contact or worse), changed behavior suddenly, hurts themselves when left alone or tries to escape, or reacts to people with a child under six at home: see your veterinarian first, then a qualified behavior professional (DACVB veterinary behaviorist, IAABC or CCPDT certified consultant, or a Certified Separation Anxiety Trainer for alone-time problems).

Unwoofled provides training education and tracking. This log is not veterinary advice. Reward-based methods only. Medication is a decision for your veterinarian.

Unwoofled threshold log: alone time

For gradual-absence training. Each session: two or three very short warm-ups (dog stays calm), one stretch absence at the target time, then one short absence. Never two long absences in a row. Come back before stress builds.

Stress score (during the stretch absence)
0 calm | 1 mild: yawn, lip lick, one pace | 2 moderate: whining, pawing at the door, panting | 3 severe: barking, howling, damage, toileting
Signs seen (write what you saw): yawn | lip lick | single pace | pacing | pawing at the door | whining | panting
Next target: calm twice in a row, a little longer | mild, repeat | moderate, much shorter | severe, come back now, halve it, rest a day

Date	Warm-ups calm? (Y/N)	Planned time	Actual time	Stress 0-3	Signs seen (see key above)	Notes (cues used, what helped)

Safety first.
If your dog has bitten a person or dog (skin contact or worse), changed behavior suddenly, hurts themselves when left alone or tries to escape, or reacts to people with a child under six at home: see your veterinarian first, then a qualified behavior professional (DACVB veterinary behaviorist, IAABC or CCPDT certified consultant, or a Certified Separation Anxiety Trainer for alone-time problems).

Unwoofled provides training education and tracking. This log is not veterinary advice. Reward-based methods only. Medication is a decision for your veterinarian.

Unwoofled threshold log: how to use it

1. Find your threshold distance

The threshold distance is the closest you can be to the trigger while your dog notices it but stays calm and still takes food. On a quiet walk, start far away (a dog across a wide street, say) and watch your dog.
If your dog stiffens, stares hard, whines or will not eat, you are too close. Add distance. Write the distance down in the walks log.

2. Feed on sight

Practice from a little farther away than your threshold. The moment your dog sees the trigger, feed small, tasty treats one after another. When the trigger is gone, the food stops.
Use food your dog loves, like chicken or cheese. The picture in your dog's mind should be: trigger appears, great food appears.

3. Stop while it is going well

Do 3 to 5 repeats, then end the session. Short and successful beats long and tiring. Write one line in the log.

4. Change one thing at a time

Make it harder in only one way: a little closer, or the trigger doing a bit more (moving, longer in view). Never both at once.
Move on only after several calm sessions in a row, with reaction scores of 0 or 1 and quick recovery.

5. After a big reaction (3 or more)

Calmly add distance and end the session. Next time, practice farther away than before and rest for a day first. Two big reactions in two days? Take two quiet days with relaxed walks in empty places.
A score of 5 with contact, or a bite: stop and see a professional (see the safety note below).

6. Rest days

Reactions pile up: each one makes the next easier to set off. After a hard day, keep walks quiet, in places and at times with few triggers.

7. Alone time: short practice absences

Start with what your dog can do calmly today, even if that is a few seconds. Each session: two or three very short warm-ups, one stretch at the target time, then one short one. Never two stretches in a row.
Calm twice in a row at the target? Add a little. A mild sign (yawn, lip lick, one pace)? Repeat the same time. Whining, pawing or panting? Go much shorter next time.
Come back before stress builds. The first signs are quiet: yawning, lip licking, pacing. Watching on a phone or camera helps you see them. If barking or howling starts, you stayed too long: come back calmly, halve the next try and rest a day.
While you practice, avoid leaving your dog alone for longer than they can handle (ask a friend, or use a sitter or daycare).

Safety first.
If your dog has bitten a person or dog (skin contact or worse), changed behavior suddenly, hurts themselves when left alone or tries to escape, or reacts to people with a child under six at home: see your veterinarian first, then a qualified behavior professional (DACVB veterinary behaviorist, IAABC or CCPDT certified consultant, or a Certified Separation Anxiety Trainer for alone-time problems).

Unwoofled provides training education and tracking. This log is not veterinary advice. Reward-based methods only. Medication is a decision for your veterinarian.