

USE THIS TOOL AS A DIARY OF YOUR DOG'S SIGNS OF STRESS:

- Keep this sheet close by to **OBSERVE** your dog throughout the day
- Write down the date and the situation (sudden noise, guests at home, etc.) and **CHECK** the boxes of signs you observe
- **BRING** this sheet with you to your dog's next appointment

OBSERVE YOUR DOG'S SIGNS OF STRESS

Cowering or shaking



Frequent lip licking



Panting



Ears swiveled or pulled backward



Moving very slowly, avoiding or pacing



Being hypervigilant



Yawning repeatedly



Refusing treats



White of the eye is visible



