

Printable resource

Reactive Dog Trigger Log Template

A printable log for recording trigger, distance, intensity, food response, and recovery before choosing a next step.

Audience: For conservative observation and professional-help conversations, not for pushing a dog closer to triggers.

Safety boundary: Do not use this log to practice closer greetings when there is bite history, severe panic, or unsafe control.

Online guide

Open the online page for related guide links and current site notes:

<https://doggamefinder.com/resources/trigger-log-template/>

Checklist

Trigger

What did your dog notice: dog, person, bike, car, sound, visitor, or window movement?

Distance

Estimate the distance where your dog first noticed the trigger.

Intensity

Record body language before barking or lunging starts.

Food response

Could your dog eat a high-value treat and turn back to you?

Recovery

How long did it take to settle or move away calmly?

Environment

Note narrow paths, surprise turns, children, multiple dogs, or poor footing.

Decision

If safety is uncertain, use the log with a certified behavior professional.

Trigger log rows

Field	Notes
Date/time	
Trigger and distance	
Intensity before reaction	
Food response	
Recovery and decision	

Use the notes to spot patterns and decide whether to make the setup easier, stop earlier, or ask for qualified in-person help.