

OWNER RESOURCE 03 / 05

Your Dog's Seven Day Observation Diary

An observation diary, not a seven day behaviour fix

ABOUT CANINE UK

Canine UK starts with audit before assumptions. We look at the individual dog, their health, behaviour, environment and everyday life, alongside the needs and capabilities of their owner. Our approach puts safety, welfare, practical progress and owner understanding first.



Observe ordinary life. Record clearly. Bring useful examples.

02 Read the guide

03 See it at a glance

04 Use the worksheet

Canine UK photo collection. Cover image is illustrative, not a behaviour diagnosis or technique demonstration.

Your Dog's Seven Day Observation Diary

An observation diary, not a seven day behaviour fix

Record ordinary life before deciding what needs to change. This diary helps you bring clear examples to a Canine UK conversation. Seven days is a convenient recording period, not a deadline for improvement or diagnosis.

1. Start with their normal

Note everyday rest, walking, play, meals and household routines. Record recent changes you already know about. Include what works well, not just difficult moments.

2. Describe what happened

Choose one naturally occurring event each day. Note the place, who was present, what happened just before and what you actually saw. Write observations before interpretations.

3. Include your response

Record what people did next and the visible outcome for the dog. If you are unsure, write unsure rather than guessing a motive. Describe without blame. Include different regular handlers without recording their names.

4. Notice recovery

What changed afterwards? Could the dog disengage, move comfortably or return to ordinary activity? Note support needed and approximate recovery time, or write that you did not observe it.

5. Review patterns

At the end, identify repeated situations, routines and differences between handlers. One successful moment is not proof that a problem has resolved. Bring uncertainty to the assessment.

An example, not a real case

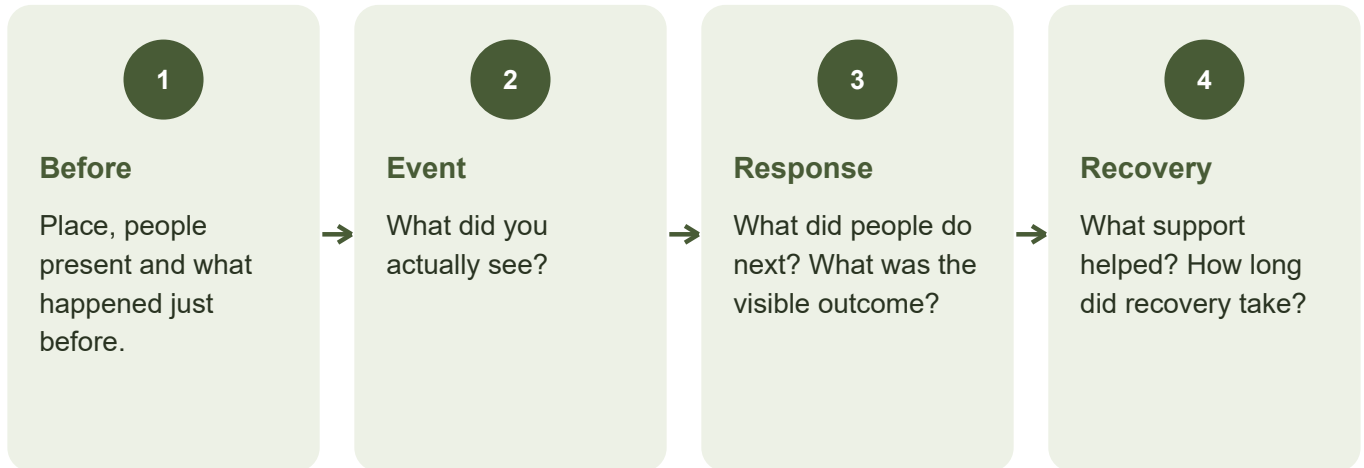
Rather than writing stubborn, describe: paused at the doorway, looked towards a passing dog, moved with the handler into the garden and resumed sniffing. Add what happened next, without guessing motive.

Safety and support

Observe naturally occurring events only. Do not provoke a reaction or remove existing safety management to fill the sheet. Stop the activity and seek appropriate support if risk or conflict increases, pain or illness may be involved, or you cannot maintain safety. Do not wait for day seven.

Record what actually happened

Choose one naturally occurring event. Start with observation, then look for patterns.



SEVEN DAYS OF OBSERVATIONS



A recording period, not a countdown to improvement.

Review the pattern, not just one moment

What repeats?

What helps?

What remains uncertain?

Write unsure or not observed where needed.

Observe without creating a test

Do not provoke a reaction or remove safety management to fill the diary. Keep names out and completed notes private. Do not wait for day seven if safety, pain or illness is a concern.

My seven day observation diary

Use one row each day and continue on a separate sheet if needed. Write not observed where needed. Keep completed notes private and share only with the professional supporting you.

Day	Situation and what came before	What I saw and what people did	What happened next and recovery
1			
2			
3			
4			
5			
6			
7			

What seems to help?

What repeats or remains uncertain?

What do I want to discuss with Canine UK?

Need help with your own dog?

This resource is a starting point, not a substitute for an individual assessment.

A Canine UK audit helps us understand your dog, your concerns and your circumstances before recommending an appropriate pathway.

Request an audit

ask@canineuk.com

canineuk.com/contact-us/