



OBSERVATION LOG

Notice the whole picture

A simple printable record for the details that a timer cannot capture. Record what you actually observed; this is not a diagnostic checklist.

Useful signs can include pacing, panting, exit-watching, vocalising, food refusal, inability to settle or escape/destructive behaviour. Leave a box blank when you did not observe or record it.

Date / time	Planned	Actual	Outcome	First useful observation

Context notes

Before leaving: _____

Between repetitions: _____

Recovery afterwards: _____

If a dog is showing clear or escalating distress, stop collecting data and prioritise safety. Pause timed departures and seek veterinary or qualified behaviour support when needed.