



CHECKLIST

Weekly checklist to lower your dog's baseline stress

- ☐ Set fixed daily times for meals, walks and evening rest

- ☐ Turn off television and radio when not actively in use

- ☐ Replace one long walk with two shorter, calmer ones

- ☐ Move the food bowl to a low-traffic area

- ☐ Let the dog initiate all touch for one full week

- ☐ Ask visitors to ignore the dog for the first ten minutes

- ☐ Scatter feed one meal a day to provide low-arousal mental work
