

Obedience Training Journal

From TrainPetDog.com

Keeping a journal is a reliable way of identifying patterns in your dog's biting habits. We humans often tend to think and believe what we feel is correct. But our perception, in reality, is often wrong or misleading. It often happens that disobedience in our dogs is being unknowingly encouraged by our reactions to our dogs' behavior. Hence the value of keeping detailed records. This journal will help you determine the root cause behind your dog's obedience problems.

Here is the format of the Dog Obedience Training record keeping journal. Just take a print and start filling it up.

Date	What behavior did you ask the dog to do?	What did the dog do?	Is this a behavior the dog reliably knows?	What was happening while you were working with the dog at the moment it disobeyed you? Ex. distractions, people, location, etc.	Describe the behavior that your dog did do (its movements, posture, reactions)	How did you react to your dog's disobedience? (yelled, ignored, put it in its crate etc.)	How did the dog react to your reaction? How successful was that technique?	Have you had this problem with your dog before?

Here is a chart with some sample entries that you may relate to:

Date	What behavior did you ask the dog to do?	What did the dog do?	Is this a behavior the dog reliably knows?	What was happening while you were working with the dog at the moment it disobeyed you? Ex. distractions, people, location, etc.	Describe the behavior that your dog did do (its movements, posture, reactions)	How did you react to your dog's disobedience? (yelled, ignored, put it in its crate etc.)	How did the dog react to your reaction? How successful was that technique?	Have you had this problem with your dog before?
6/10	I asked the dog to Come.	The dog looked at me and didn't Come.	He Comes inside well and when I have a treat.	We were at the local dog park, and he was playing with other dogs. I wanted to leave.	He was playing with another dog when I called him; then he looked at me and ran away.	I tried calling him again and running after him.	He looked at me several times and ran faster.	I always have this problem when he is outside.
6/11	I wanted the dog to stop jumping on me and told him Off.	He kept jumping on me and running around me.	No, he always jumps on me instead of staying Off.	I had just come home from work, and he had been home alone.	He bounced around, jumped on me, and barked once or twice at me.	I don't like him jumping on me, so I told him No, pushed him off of me when he jumped on me, and eventually I physically made him sit still.	He was so excited and couldn't sit still. Even after I pushed him away, he kept coming back.	I have this problem everyday and don't know why it's not improving.
6/11	I was trying to get him to Stay.	He sat down, looked at me, and then moved right away.	Sometimes he seems to know it, but I'm not sure.	There wasn't anything happening; I tried to move away.	He was looking at me at first and then leaned forward as I moved back. Next thing he followed after me.	I told him No and tried again, but after he got up again, I just gave up.	He was fine and wanted to play afterwards.	All the time.

In the 6/10 example, the problem occurs because the dog is having too much fun and doesn't want to come. He has learned that coming means he will have to stop his fun. Plus, the dog has only been trained to come inside the house – he has not been trained to come outside the house. More training on a long leash with distractions is required. Review Day 2 of our mini course to learn how to make your dog come to you when called – no matter what the situation.

In the first 6/11 example, the dog is inadvertently being rewarded for jumping because he is being talked to (OFF) and is being pushed at (touched). A new strategy needs to be used. Review Day 4 of our mini course to learn how to stop your dog from jumping.

In the second 6/11 example, the dog doesn't really know what Stay means. Plus, the owner gave up trying, so the dog knows that the owner will eventually just quit.

[P.S.: These are just sample entries to help you understand how you should fill up the journal. Once you have made some entries for a couple of days, please refer to the first email in our Obedience Training mini course to determine whether or not your reactions are sending the wrong signals to your dog.](#)