

Dog Behavior Observation Checklist

How to Use This Checklist:

As a dog guardian, observing your pup's behaviors is key to understanding their personality, spotting potential issues like anxiety or health concerns, and tailoring training for a stronger bond. Track behaviors over a week by noting when they happen, any unique variations (e.g., breed-specific traits), and your action plan (e.g., positive reinforcement tips or vet check). Fill in by hand or digitally—print this out and keep it handy during walks, playtime, or quiet moments at home.

Observation Table

Use this table to log up to 17 behaviors (from my "35 Common Dog Behaviors Explained" blog post). Add custom ones in the blanks!

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Behavior	When or Why It Happens (e.g., Time, Trigger like "after meals" or "when alone")	My Dog's Variation (e.g., "My Husky howls more due to wolf roots")	Action Plan (e.g., "Redirect with toys" or "Consult vet for anxiety")
Tail Wagging			
Head Tilting			
Howling			
Scooting or Tail chasing			
Bared Teeth			
Bringing toys/objects			
Sniffing everything			
Circling before laying down			
Digging			

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Jumping up			
Barking excessively			
Licking lips or yawning			
Ear positions (perked or flat)			
Play bowing			

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Weekly Notes Section:

Summarize your observations here. What patterns emerged (e.g., "More whining during evenings—possible separation anxiety")? Any breed or age influences? How did behaviors align with dog psychology insights from our blog?

Quick Tips for Dog Guardians:

- **Consult Professionals:** If behaviors seem excessive or sudden, see a vet or certified behaviorist—early intervention can prevent issues.
- **Positive Reinforcement:** Reward good behaviors with treats, praise, or play to encourage positive habits and reduce unwanted ones.
- **Daily Enrichment:** Incorporate scent walks, puzzle toys, or training sessions to keep your pup mentally stimulated and happy.
- **Track Progress:** Revisit this checklist monthly to see improvements in your dog's well-being and your bond!