# Training Log – Hilding Hundcoach

**Name:**  
**Dog's name:**  
**Date of training:**  
**Time:**  
**Location:**

**1. What did you train today?**

**2. Goal of today's session:**

**3. How did you perceive your dog during the session?**

**4. Check or describe observed emotions, reactions or body language:**

* ☐ Calm and focused
* ☐ Uncertain but cooperative
* ☐ Stressed or unfocused
* ☐ Reactive (barked, pulled, froze, etc.)
* ☐ Independent, sought distance
* ☐ Able to recover between exercises

If the dog’s emotional state changed – describe it:

**5. What went well?**

**6. What was challenging?**

**7. Other comments or questions:**

**8. Arousal level: How ‘switched on’ was your dog?**

**9. Trainability: Was your dog able to learn?**

**10. Stress signs: Were there signs of low or high stress?**

**11. Trigger threshold: How easily did the dog react to the environment?**

**12. Emotional state and recovery: How did emotional shifts and return to calm look?**

**13. Evaluation: Emotional readiness – Is the dog ready to move forward?**

☐ 🟢 Green emotional state – calm, secure and willing to participate

☐ 🟡 Yellow emotional state – some hesitation, recovers with support

☐ 🔴 Red emotional state – anxious, avoidant, hard to self-regulate

Yes ☐ No ☐

Justify your assessment:

**14. Evaluation: Behavior – Is the behavior ready to progress?**

☐ 🟢 Green behavior – consistent and reliable

☐ 🟡 Yellow behavior – some variation or hesitation

☐ 🔴 Red behavior – unstable, needs help

Yes ☐ No ☐

Justify your assessment: