

# HOW TO FILL OUT THIS TRACKER

**1**

List out your  
comfort routine



**2**

Create your goal  
for the session

**3**

Observe and  
record your  
puppys'  
behaviour



# YOUR HOME ALONE TRACKER



DAY	COMFORT REGIME	AIM FOR SESSION	ACHIEVED?	DURATION	PROGRESS?
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					



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# ARE YOU MAKING PROGRESS?

**YES**

**NO**

Increase time slowly  
Observe your puppy

Go back a step  
Go slower  
Seek professional help

